

Noble Character, Ethical Conduct and Celibacy

(A compact book on noble character and ethical conduct, two most important foundation pillars of human life; and celibacy, basis of success in human life; for study by our modern students)

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This book is meant for free distribution amongst our dear modern students with an earnest and fervent prayer to them to kindly study this book earnestly and meticulously, acquire the knowledge contained therein carefully and thoroughly, and practise the same in their student life and youth period sincerely and diligently. Thereby, it is firmly believed, they will derive immense benefits for themselves.

They are also earnestly and fervently requested to kindly bring this book to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this book are humbly and earnestly invited in the following address:-

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PRAYERS

Om̐ as̐ as̐ vee̐ De̐ as̐ as̐ cel̐ el̐

May That Supreme Being impel our intellect
towards the right path.

De̐ me̐ as̐ as̐ ce̐ me̐ o̐ l̐ ce̐ 3̐ e̐ ~
le̐ ce̐ me̐ as̐ as̐ ce̐ p̐ 3̐ as̐ l̐ e̐ i̐ e̐ 3̐ e̐ ~
ce̐ l̐ 3̐ as̐ as̐ De̐ ce̐ l̐ di̐ ce̐ 3̐ e̐ ~~

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

De̐ ve̐ s̐ y̐ e̐ e̐ e̐ - d̐ l̐ e̐ as̐ 3̐ a̐ l̐ e̐ g̐ d̐ l̐ e̐ l̐ e̐ e̐

Let noble thoughts come to us from all sides.

m̐ e̐ d̐ l̐ e̐ e̐ 3̐ e̐ d̐ l̐ e̐ ce̐ d̐ l̐ e̐ s̐

Knowledge is that which liberates.

Ge̐ e̐ y̐ l̐ e̐ p̐ e̐ u̐ l̐ e̐ De̐ Pe̐ Je̐ j̐ al̐ y̐ e̐ s̐ e̐ l̐ e̐ ~

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

De̐ %̐ as̐ d̐ e̐ l̐ e̐ j̐ a̐ o̐ m̐ 3̐ e̐ %̐ a̐ v̐ e̐ p̐ a̐ d̐ l̐ e̐ u̐ e̐ s̐ k̐ e̐ l̐ 3̐ e̐ ~
e̐ %̐ a̐ v̐ e̐ u̐ e̐ l̐ d̐ 3̐ e̐ l̐ a̐ n̐ c̐ a̐ b̐ e̐ i̐ n̐ g̐ Je̐ s̐ u̐ e̐ c̐ e̐ : ~~

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

3̐ m̐ e̐ n̐ v̐ e̐ l̐ e̐ l̐ e̐ g̐ m̐ e̐ n̐ v̐ e̐ n̐ y̐ e̐ k̐ l̐ e̐ g̐
m̐ e̐ n̐ Je̐ p̐ e̐ k̐ l̐ e̐ j̐ Je̐ l̐ e̐ n̐ w̐ - l̐ e̐ p̐ e̐ n̐ Je̐ v̐ e̐ l̐ e̐ De̐ l̐ e̐ c̐ e̐ m̐ l̐ e̐ g̐ c̐ e̐ d̐ l̐ e̐ l̐ e̐ n̐ w̐ ~
3̐ M̐ e̐ e̐ d̐ l̐ e̐ M̐ e̐ e̐ d̐ l̐ e̐ M̐ e̐ e̐ d̐ l̐ e̐ ~

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.
May we never quarrel with each other.

Be good. Do good. — Swami Sivananda

Jamāle kaṇi gyelāced

The whole universe is one family.

᳚ meJācedmJāle YeJēg~ meJācedMāfīleYeJēg~
meJācedHāfīYeJēge meJācedce²udYeJēg~

May asupiciousness be unto all,
May peace be unto all,
May fullness be unto all,
May prosperity be unto all.

meJēYeJēlegmāKācē meJēmālegfējācē³ēē ~
meJēYēēcē HāM³evlegcē kēd/āzodōgKēYēieYeJēd~

May all be happy,
May all be free from disabilities,
May all behold what is auspiciousness,
May none suffer from sorrows.

uekēle mēcāmlē mēgKāesYeJēleg~

May Happiness be unto all Beings.

᳚ HāCācēō HāCācēobHāCācēdHāCācēp^{®3}ēē~
HāCācē³e HāCācēō³e HāCācēdēēdMē³ēē~

Om ! That (Brahman) is full. This (Universe) is Full.
From That (Brahman) Full, this (Universe) Full has come.
When this (Universe) full is taken from That (Brahman) full,
It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !
Peace be to the North ! Peace be to the South !
Peace be above ! Peace be below !
Peace be to all creatures of this universe !!

᳚ Mēēfīlē Mēēfīlē Mēēfīlē ~

Om ! Peace, Peace, Peace.

Be good. Do good. — Swami Sivananda

Noble Character, Ethical Conduct and Celibacy

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Soft copy of this Book

Our modern students can study the soft copy of this book "Noble Character, Ethical Conduct and Celibacy" in the **Internet Archive**. It can be opened by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (this book will be displayed).

NOTE

Publisher's Note

Real education (character-building, life-building and man-making education, known as value education in the modern time), as stated in our ancient Spiritual Scriptures, and as said by our *Rishis*, *Munis*, Saints and Sages, and based on our nation's lofty ideals according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, was imparted to students in the learning centres, called *Gurukulas* and *Rishikulas*, in ancient India. Such education is not being imparted to our students in the modern schools, colleges and universities of our country. Hence, our modern students are deprived of the same. Therefore, they need the said education most intensely and urgently.

In such a greatly-needy situation, and with profound pleasure, firm belief and great hope, we publish and present this book containing valuable and beneficial write-ups on three most important life-building related topics, viz. noble character, ethical conduct and celibacy, in the hands of our modern students of schools, colleges and universities, for their study, practice and immense good.

We earnestly and fervently pray to our modern students to kindly study this book with great interest and needed patience; thoroughly, carefully, attentively and meticulously; and thereafter, to kindly practise the teachings contained therein in their day-to-day life earnestly, sincerely, diligently and determinedly, in their own interest and for their highest welfare and supreme good. Thereby, they can build their precious human life rightly by laying its foundation properly and strongly, and by constructing its superstructure completely, properly, strongly and nicely; and live the same ideally and successfully. Thereby, they will derive immense benefits for themselves.

We offer our heart-felt fervent prayer to the Almighty

Supreme Lord and the *Rishis, Munis*, Saints, Sages, Prophets, Teachers and Professors to bestow Their Choicest Blessing upon our modern students for achieving crowning success in their above endeavours.

The 01st March 2022
Mahasivaratri Day

Publisher

Author's Note

Human life upon this earth plane, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, is a rare and unique gift of the Creator to human beings, given with a view to achieve the higher purpose of human life, and is, therefore, very precious. Hence, it needs to be built up rightly during one's golden student life and youth period so that human beings can live their long future life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

Human life can be built up rightly by laying its foundation properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and by constructing thereupon its superstructure completely, properly, strongly and nicely with achievement of four grand goals of ideal human life, viz. economic prosperity, vital worldly desires, righteousness and spiritual illumination. These are the four grand goals of ideal human life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages; and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*.

It is most important to note that the quality of foundation of human life determines the quality of the long future life, and therefore, students need to give highest importance to laying the foundation of their precious human life rightly, i.e. properly and strongly, during their golden student life and youth period.

It is also most important to note that, out of the above four foundation pillars of human life, noble character and ethical conduct are the two most important pillars. And celibacy is most vital not only for laying the foundation of human life properly and strongly, and constructing its superstructure completely, properly, strongly and nicely, but also for living of long future human life

ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. Therefore, our modern students need to give greatest emphasis on building of noble character, performance of ethical conduct and strict observance of complete celibacy.

In this context, this book titled "Noble Character, Ethical Conduct and Celibacy", which contains write-ups on the said three most important topics, viz. noble character, ethical conduct and celibacy, covering their simple meaning, necessity, importance, practical manners/ways, benefits, etc., seeks to throw some light on these three topics. Our modern students, in the absence of "Character-building, Life-building and Man-making Education" in their schools, colleges and universities (which was there in the learning centres called *Gurukulas* and *Rishikulas* in ancient India), can most profitably study this book, acquire some knowledge on these three most important life-building related topics, practise the knowledge so gained in their day-to-day life and thereby, they can derive immense benefits for themselves.

I, therefore, most earnestly and fervently pray to our modern students to kindly study this book thoroughly, carefully, attentively and meticulously, with great interest and needed patience; and thereafter, to kindly practise the teachings contained therein in their day-to-day life earnestly, sincerely, diligently and determinedly, in their own interest and for their highest welfare and supreme good.

I offer my heart-felt fervent prayer to the Almighty Supreme Lord and the *Rishis*, *Munis*, Saints, Sages, Prophets, Teachers and Professors to bestow Their Choicest Blessing upon our modern students for achieving crowning success in their above endeavours.

The 05th February 2022

Author

Shree Saraswati Puja and Basanta Panchami Day

Author's First Prayer to Modern Students

Precious Human Life

Dear Friends ! In this universe, everything is changing and going through the process of evolution in accordance with the Law of Nature. The lowest of the creation i.e. the inanimate stones and mountains evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into divinity, the state of their Creator Himself and get united or merged with the Creator. This is known as *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul. This is also called Self-realisation or God-realisation. On attainment of liberation of the individual soul, the process of evolution gets completed and consequently, the individual soul does not take further rebirth.

Such liberation of the individual soul alone bestows everlasting happiness and eternal peace, and liberation of the individual soul alone results in permanent cessation of worldly sorrows, sufferings, pains and miseries in human life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, *Moksha* or Liberation of the individual Soul is the Supreme Grand Goal of ideal human life.

Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages further say that attainment of liberation of the individual Soul, the supreme grand goal of precious human life, is possible only in human birth and in no other species of life. Because, only human beings, but no other living beings, have been endowed with the unique quality of "Intellect", with the help of which they can discriminate between right and wrong; and then they can choose to take right actions, proceed in the right

path of life and make their best endeavours for attainment of liberation of their individual Souls in their present human birth itself. In this way, they can live their life wisely, purposefully, successfully and ideally, unlike the animals that take their birth and "instinctly" search their food, eat, sleep, procreate, enjoy, suffer, fear and ultimately meet with their death and thus, live their life purposelessly and sorrowfully.

Our ancient Spiritual Scriptures and our *Rishis, Munis*, Saints and Sages also say that the Creator has very graciously gifted the human birth to human beings after they have taken their innumerable births in 84 lac species of life, including the life of plants, trees, insects, birds and animals, for the only purpose of achieving the aforesaid Supreme Grand Goal of ideal human life.

In view of the above, our ancient Spiritual Scriptures and our *Rishis, Munis*, Saints and Sages say that human birth is a precious and rare gift of God to human beings.

So, if human beings do not attain liberation of their individual Souls in their present precious and rare human birth itself, they lose the unique, golden opportunity of human life. They do not get liberation from the cycle of births and deaths, and they continue to take rebirths, life after life, in 84 lac species of life, including the life of plants and trees and insects and animals. And consequently, they continue to get sorrows and sufferings in whatever specie of life they are reborn, because life upon earth plane in any species is full of sorrows, sufferings, pains and miseries. Therefore, our ancient Spiritual Scriptures and our *Rishis, Munis*, Saints and Sages exhort time and again that human beings should be wise and make their best endeavours to attain *Moksha* or Liberation of the individual Soul in their present human birth itself; and that they can attain the same by living what is called the "Spiritual Life". The "Spiritual Life" is vitally necessary, extremely important and most indispensable for human beings and therefore, it should be lived successfully.

Dear Friends ! While living the "Spiritual Life", human beings live upon this earth plane for some period. For survival of their physical body during such period, they need to simultaneously take to some income generating activity through some profession, vocation, occupation, business, agriculture, etc.; and through such activity, they make endeavours to achieve economic prosperity, i.e. they earn money and acquire material wealth.

By utilising the money so earned and the material wealth so acquired, they meet the basic necessities of life for themselves and their family members such as food, clothing, housing, medicines, etc. They also arrange for better education of their children in reputed educational institutions; engagement of their children in some good profession, vocation, occupation, business, agriculture, etc.; ceremonious marriages of their sons/daughters with good candidates in economically wealthy and socially renowned families; and to meet their other family needs befitting their family and social status. They also utilise money and material wealth to meet their various kinds of religious, spiritual, social and national needs.

Further, by utilising the money so earned and the material wealth so acquired, they also fulfill their various types of vital physical, biological and psychological and other worldly desires.

Thus, human beings make endeavours to achieve economic prosperity; and by utilising the same, they meet their basic and other necessities of life and fulfill their various types of vital worldly desires. In this manner, they make efforts for living a reasonably comfortable and happy earthly life for themselves and for their family members. Such life is called "Secular Life". "Secular Life" is necessary, important and inevitable and is to be lived successfully.

Dear Friends ! When human beings are to live both "Spiritual Life" and "Secular Life" successfully, one can visualise how great and valuable this precious and rare human life upon this earth plane is !

Great Goals of Precious Human Life

Dear Friends ! As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; human beings need to achieve four great goals of ideal human life so that they can live their precious and rare human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully. Those four great goals are as follows.

One great goal of ideal human life is *Moksha* or liberation of the individual soul from the cycle of births and deaths. This great goal is called the "Spiritual Goal". As stated earlier, for achievement of this great goal or higher purpose of human life only, the Creator has gifted this human birth to human beings, after they have taken their innumerable births in 84 lac species of life, including the life of plants, trees, insects, birds and animals. Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that achievement of this great goal bestows everlasting happiness and eternal peace, and results in permanent cessation of worldly sorrows and sufferings in human life. Therefore, they say that this great goal is the supreme great goal or the higher purpose of ideal human life. Therefore also, they further say that this great goal is the primary great goal of ideal human life. Hence, achievement of this supreme great goal is stated as vitally necessary, extremely important and most indispensable for human beings. Therefore, human beings need to achieve the same without fail.

In view of the same, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages also exhort time and again that human beings need to be wise and make their best endeavours to achieve the said supreme great goal or the higher purpose of ideal human life, that too, in their present human birth itself. Human beings can do so by living what is called the "Spiritual Life" as stated earlier.

As stated earlier, while living the "Spiritual Life", human beings live upon this earth plane for some period. For survival of their physical body during such period, they take to some income generating activity through some profession, vocation, occupation, business, agriculture, etc., and earn money and acquire material wealth. By utilising the money so earned and the material wealth so acquired, they meet their basic necessities of life such as food, clothing, housing, medicines, etc.; and also meet their various kinds of family, religious, spiritual, social, national needs. Thus, they make endeavours to achieve economic prosperity for the purpose of living a reasonably comfortable earthly life for themselves and for their family members. Such achievement of economic prosperity by earning of money and acquiring of material wealth is another great goal of ideal human life and is called *Artha* in our ancient Spiritual Scriptures.

Further, by utilising the money so earned and the material wealth so acquired, human beings also fulfill their various types of vital physical, biological, psychological and other worldly desires. Thereby, they make efforts to live a pleasurable and happy worldly life. Such fulfillment of vital worldly desires is one more great goal of ideal human life and is called *Kama* in our ancient Spiritual Scriptures.

Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that the above two great goals, viz. achievement of economic prosperity (*Artha*) and fulfillment of vital worldly desires (*Kama*) are "Secular Goals" of ideal human life, and are necessary for living a reasonably comfortable and happy earthly life. They also say that the said goals are secondary in nature, because those meet the ordinary purposes of secular life. Human beings can achieve the said two secular great goals by living what is called the "Secular Life" as stated earlier. Achievement of these two secular great goals is important and inevitable for human beings. Therefore, human beings need to achieve the same.

In connection with the above two great goals, i.e. *Artha* and *Kama*, the most relevant and the most important point which is to be noted is that (i) *Artha* i.e. achievement of economic prosperity by earning of money and acquiring of material wealth needs to be made by human beings in the righteous ways or ethical ways or in accordance with the ethical code of conduct, i.e. by honest and fair means and without causing harm or loss to other beings, as prescribed in our ancient Spiritual Scriptures, so that it does not give them sorrows, sufferings and miseries but, instead, bestows true prosperity, real happiness and peace in their life; and that (ii) *Kama* or fulfillment of vital physical, biological, psychological and other worldly desires of human beings need to be moral, ethical, legitimate and justifiable ones, as prescribed in our ancient Spiritual Scriptures, so that it does not give them sorrows and sufferings but, instead, bestows happiness and peace in their life. That means, both the said great goals, viz. *Artha* and *Kama*, are to be achieved in the righteous ways or by adhering to the rules of ethics or in accordance with the ethical code of conduct, which is known as *Dharma* in our ancient Spiritual Scriptures. Therefore, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, adherence to righteousness or ethical code of conduct or *Dharma*, in course of acquiring of economic prosperity, called *Artha*, and fulfillment of vital worldly desires, called *Kama*, is another great goal of ideal human life.

Further, *Dharma* or righteousness or ethical values is stated as humanly; and is the part and parcel of human life. *Dharma* is also stated to be synonymous with human life; and without *Dharma*, the life of a human being is said to be similar to the life of an animal. Further, *Dharma* bestows prosperity in this world, and results in total cessation of pain and attainment of eternal bliss hereafter. Therefore, *Dharma* or righteousness or

ethical values is stated as the basic necessity of human life and is the fundamental great goal of ideal human life.

In addition to the above, in connection with achievement of the supreme great goal of human life, i.e. *Moksha* or liberation of the individual soul from the cycle of births and deaths by living of spiritual life, adherence to righteousness or ethical conduct or ethical values or *dharma* is stated to be foundational for living of successful spiritual life. In other words, success can not be achieved in spiritual life without adhering to righteousness or ethical conduct or ethical values or *dharma* in all activities in daily life. Therefore, adherence to righteousness or ethical code of conduct or *dharma* in all activities in course of living of spiritual life is considered foundational and necessary for attaining success in achievement of the supreme great goal of *Moksha* in human life. Thus, *Dharma* contributes to *Moksha*. It is also stated that *Dharma* leads to achievement of the supreme great goal of human life, i.e. *Moksha* or liberation of the individual soul from the cycle of births and deaths, by way of living of spiritual life, in so far as *Dharma* is defined as "Duty", and in so far as living of "Spiritual Life" is considered as the "Highest Duty" of human beings.

Thus, *Dharma* is part and parcel of human life; it governs two great goals of *Artha* and *Kama*; and it contributes and leads to achievement of the supreme great goal of *Moksha* in human life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that adherence to righteousness or ethical code of conduct or *Dharma* is the first, foremost, fundamental and foundational great goal of ideal human life. Therefore also, they further say that *Dharma*, like *Moksha*, is the primary great goal of ideal human life. In view of the same, *Dharma* is stated as indispensable for living an ideal, successful, happy and peaceful human life upon this earth plane.

Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages exhort time and again that human beings need be wise and adhere to righteousness or ethical code of conduct or *Dharma* in all activities in all spheres of their day-

to-day life. Human beings can do so by living what is called the "Religious Life" or "*Dharmik* Life". Achievement of this great goal of *Dharma*, like achievement of the supreme great goal of *Moksha*, is also vitally necessary, extremely important and most indispensable for human beings. Therefore, human beings need to achieve the same without fail.

Thus, *Moksha*, *Artha*, *Kama* and *Dharma*, or, *Dharma*, *Artha*, *Kama* and *Moksha*, as have been placed in the right order in our ancient Spiritual Scriptures, are the four great goals of ideal human life and are necessarily to be achieved so that human beings can live their precious and rare human life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

Dear Friends ! When human beings need to achieve all the aforesaid four great goals of ideal human life for living their life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully, one can visualise how great these four great goals of this precious and rare human life upon this earth plane are !

Building of Precious Human Life Rightly

Dear Friends ! The precious and rare human life, to be so lived ideally, successfully, completely, purposefully, prosperously, happily and peacefully during the whole life span, with achievement of the aforesaid four great goals of ideal human life, greatly needs to be built up rightly.

Building of precious human life rightly can be well explained with the analogy of building a house rightly.

The foundation of a house-building is laid properly and strongly with four concrete foundation pillars, made with iron rod, stone chips, sand, cement and water. And upon such a well-laid foundation, the superstructure of a house-building is constructed completely, properly, strongly and nicely by making provision therein for four facilities of bath room, kitchen, bed room and *pūja* or prayer room. Consequently, living in the house-

building becomes smooth, comfortable, happy and peaceful. Similarly, the foundation of human life needs to be laid properly and strongly with life's four foundation pillars, i.e. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. And upon such a well-laid foundation, the superstructure of human life needs to be constructed completely, properly, strongly and nicely with achievement of four great goals of ideal human life, i.e. adherence to righteousness or *Dharma*, achievement of economic prosperity or *Artha*, fulfillment of vital worldly desires or *Kama* and attainment of spiritual illumination for liberation of one's Soul from the cycle of births and deaths or *Moksha*. Consequently, living of precious and rare human life upon this earth plane becomes ideal, successful, complete, purposeful, prosperous, happy and peaceful during the whole life span.

Such is the great importance of building of precious and rare human life rightly.

Golden Student Life and Youth Period

Dear Friends ! The precious and rare human life needs to be built up rightly at the right time of life like a house which requires to be built up at the right time. Which is that right time to build the precious and rare human life rightly ?

As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; human life has four stages i.e. student life (*Brahmacharya Ashrama*), household life (*Gruhastha Ashrama*), retired or recluse life (*Vanaprastha Ashrama*) and renounced life (*Sannyasa Ashrama*).

The precious and rare human life is built during *Brahmacharya Ashrama*, the first part of human life, i.e. the stage of student life and youth period, of, say, 20 to 25 years. Because this period is the formative stage in the life of human beings. And during this period, human physique is generally found

in a growing state; and human mind remains tender, lies in a highly impressionable state and is very receptive. Therefore, it is very easy for human beings to build their life rightly during this period of human life. Hence, this short student life and youth period of, say, 20 to 25 years, is meant and also is most suitable for building of the precious and rare human life. Therefore, this is the right time for building of the precious and rare human life. In view of the same, student life and youth period is called the golden period of human life.

In this connection, it is most significant and pertinent to note that building of the precious and rare human life rightly during the golden student life and youth period is not only essential but also extremely important. Because, once this golden student life and youth period passes away, it will be extremely difficult for students to lay the foundation of their precious and rare human life properly and strongly at a later stage. This can be explained with the help of an example. A potter can give any shape to raw clay, mixed with water, to make various types of earthenware such as pots, cups, bowls, plates, glasses, toys, etc. He can also change the shape of one type of raw earthenware to another type, because at this stage the wet raw clay remains soft and therefore, it is amenable to any kind of change. But once the shaped wet raw earthenware is burnt in the fire, the same becomes hard and not amenable to change and thereafter, the potter can not change the shape of the burnt and hardened earthenware.

In view of the above, students need to utilise their golden student life and youth period most profitably for laying the foundation of their precious and rare human life properly and strongly. But if they do not do so during their golden student life and youth period, they can not lay a proper and strong foundation of their life in the later stage of their life. And also, upon a weak foundation of their life, they can not be able to construct the superstructure of their life completely, properly, strongly and nicely. Consequently, they may not be able to live their future

precious and rare human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully. In that case, they are most likely to spend the remaining long period of their precious and rare human life of, say, ideally, 75 years, with failures, sorrows, sufferings, miseries, unhappiness and peacelessness. And in the event of such a state of things, they will have to lament and repent throughout their whole long life.

Such is the great importance of laying the foundation of precious and rare human life properly and strongly during one's golden student life and youth period.

Right education for building of Precious Human Life

Dear Friends ! In view of the above, acquiring knowledge about building of the precious and rare human life rightly by students during their golden student life and youth period is most important and most worthwhile. Because it will give them permanent benefits in the form of right guidance at the right time on "The Right Manner of Building Their Precious and Rare Life Rightly"; and thereafter, they can practise the knowledge so gained in their day-to-day life, build their precious and rare life rightly and live their long future life ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

Students need to be imparted, and they need to acquire such knowledge in their schools, colleges and universities through "The Right Education" during their student life and youth period. "Right Education", as stated in our ancient Spiritual Scriptures, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, means "Character-building, Life-building and Man-making Education" (real education), apart from secular education (ordinary education). "Character-building, Life-building and Man-making Education" comprises teachings mainly on moral values, ethical values, religious values and spiritual values and therefore, such education is also called "Value Education" in the modern time.

"Character-building, Life-building and Man-making Education" was imparted to students in the learning centres, known as *Gurukulas* and *Rishikulas*, in ancient India. As a result, our ancient students were able to build their precious and rare human life rightly by laying the foundation of their life properly and strongly and constructing the superstructure of their life completely, properly, strongly and nicely. Thereby, they were able to live their long future precious and rare human life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

But presently there is no provision for imparting of "Character-building, Life-building and Man-making Education" to students in our modern schools, colleges and universities. Therefore, our modern students are deprived of the same. Consequently, they are unable to build their precious and rare human life rightly by laying the foundation of their life properly and strongly and constructing the superstructure of their life completely, properly, strongly and nicely; and thereby, they are unable to live their long future life ideally and successfully in the above manner. Consequently, they are suffering from irreparable damages and incurring permanent losses in their life. Therefore, they need to be imparted, and they need to acquire the aforesaid education most intensely and urgently. This, in my humble view, is "The Greatest Need of the Hour" of our modern students.

Conceptualisation/ Designing/ Preparation of a new subject named "Life Building Science" and publication of two new books on the said subject, as a part of right education for building of Precious Human Life rightly

Dear Friends ! In such a greatly-needy situation, a new subject named "Life Building Science" on character-building, life-building and man-making education has been conceived and designed for study by our modern students.

And a new Text Book with the title "Life Building Science"

on the said newly designed subject has been prepared for study by our modern students. This Text Book contains introductory write-ups on the required topics of the said newly designed subject named "Life Building Science" such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture, economic prosperity, vital worldly desires, righteousness and spiritual illumination for liberation of one's soul from the cycle of births and deaths, etc. Those introductory write-ups cover the simple meaning, necessity, importance, manner, benefits and source of detailed knowledge on various topics of the said subject. By studying the said Text Book, our modern students can acquire **introductory knowledge** on those topics of the newly designed subject of "Life Building Science".

Also, a Book of compilation with the title "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes) has been prepared from the various books written by two great, spiritually illumined, God-realised, world renowned Saints of our modern time Swami Sivananda Saraswati and Swami Chidananda Saraswati. This book of compilation contains comprehensive teachings on various topics of the said newly designed subject in 24 lessons. This book of compilation is a comprehensive, self-contained, all-inclusive and encyclopedic book on the said subject of "Life Building Science". By studying this book, our modern students can acquire **detailed knowledge** on those topics of the newly designed subject of "Life Building Science".

By studying the above two books, our modern students can acquire necessary knowledge on various topics of the said newly designed subject of "Life Building Science". They can learn the right goals of their precious and rare life, the right path of human life, the right manner of building their life with a proper and strong foundation and with a complete, proper, strong and nice superstructure of human life, and the right manner in which they can live their precious and rare long future life ideally and successfully i.e. economically and materially prosperously as well

as spiritually happily and peacefully. In this manner, they can derive immense benefits for themselves.

This Book

In this context, this book has been prepared containing introductory write-ups on three most important life-building related topics only, i.e. noble character, ethical conduct and celibacy, by reproducing the same from the aforesaid newly prepared text book "Life Building Science", for immediate study by our modern students. Because noble character and ethical conduct are the two most important foundation pillars of precious and rare human life; and celibacy is most vital for building of precious and rare human life rightly by laying its foundation and constructing its superstructure properly and strongly; and for living the same ideally and successfully. Therefore, our modern students need to acquire knowledge on these three most important life-building related topics most intensely, urgently and immediately.

Prayer

Now, I most humbly, earnestly and fervently pray to our modern students to kindly study this book carefully, patiently, thoroughly and meticulously, acquire necessary knowledge on noble character, ethical conduct and celibacy; and practise the knowledge so acquired in their day-to-day life devoutly, whole-heartedly, sincerely and perseveringly. Thereby, they can build their precious and rare human life properly and strongly and live the same ideally and successfully. This is in their own interest and for their highest welfare and supreme good. Thus, they will derive immense benefits for themselves. Simultaneously, they can become real assets of their families, good members of the society and ideal citizens of the nation.

In conclusion, I take this great opportunity to most humbly, earnestly, heartily and fervently pray to the Almighty Supreme Lord and all *Rishis*, *Munis*, Saints, Sages and Prophets as well as all Teachers and Professors to bestow Their Choicest Blessings upon all our modern students for achieving crowning success in their above endeavours.

Some views of Mahatma Gandhi, Swami Vivekananda and Swami Sivananda on Noble Character, Ethical Conduct and Celibacy

Mahatma Gandhi says:-

What is Character?

"What is character? What are the hall-marks of fine character ? A man of character strives to practice Truth, Non-violence, Brahmacharya, Non-Possession, Non-stealing, Fearlessness and such other vows. He is ready to give up his life, but not truth. He is prepared to die, but will not kill. He is willing to accept suffering, but not inflict it on others. He can live even with his own wife as a friend, and not cast lustful eyes on her. Thus, a man of character practices Brahmacharya and tries to conserve the energy of the body. He does not steal, nor takes bribes. He does not waste his time nor that of others. He does not hoard money without sufficient cause. He does not seek ease and comfort and does not use useless things merely to please his fancy, but feels quite content to live a simple life. Firm in his belief that 'I am the immortal spirit and not this perishable body and that none can ever kill the spirit', he casts out all fear and does not bow down even to great emperors, but goes on doing his duty fearlessly.

If our schools do not yield the results mentioned above, the students, the system of education and the teachers — all three must share the blame. But it is in the hands of the students to make good the defects in their character, for no one else can do this for them. Therefore, as I have said earlier, we must first understand the aim of education. A student who desires to cultivate and build up character, will learn how to do so from any good book on the subject.

The Lord of creation creates everything in this world as an admixture of good and evil. But a good man selects the good

and rejects the evil, even as the fabled swan is said to help himself to cream leaving out water."

Sex Education

"What place has then instruction in sexual science in our educational system, or has it any place there at all ? Sexual science is of two kinds, that which is used for controlling or overcoming the sexual passion, and that which is to stimulate and feed it. Instruction in the former is as necessary a part of a child's education, as the latter is harmful and dangerous and fit, therefore, only to be shunned.".

".....whether it is desirable to impart to young pupils a knowledge about the use and function of generative organs. It seems to me that it is necessary to impart such knowledge to a certain extent. At present, they are often left to pick up such knowledge anyhow, with the result that they are misled into abusive practices. We cannot properly control or conquer the sexual passion by turning a blind eye to it. I am, therefore, strongly in favour of teaching young boys and girls the significance and right use of their generative organs. And, in my own way, I have tried to impart this knowledge to young children of both sexes for whose training I was responsible."

X X X X X X

"Today, our entire environment — our reading, our thinking, our social behavior — is generally calculated to subserve and cater for the sex urge. To break through its ciols is no easy task. But it is a task worthy of our highest endeavour. Even if there are a handful of teachers endowed with practical experience, who accept the ideal of attaining self-control as the highest duty of man, and are fired by a genuine and undying faith in their mission, and are sleeplessly vigilant and active, their labour will light the path of the children of Gujrat, save the unwary from falling into the mire of sexuality and rescue those who might be already engulfed in it."

* * * * *

Be good. Do good. — Swami Sivananda

Swami Vivekananda says:-

Character

".....he alone is the really great man whose character is great always, the same wherever he be."

"Money does not pay, nor name; fame does not pay, nor learning. It is love that pays; it is character that cleaves its way through adamant walls of difficulties."

"The miseries of the world cannot be cured by physical help only. Until man's nature changes, these physical needs will always arise, and miseries will always be felt, and no amount of physical help will cure them completely. The only solution of this problem is to make mankind pure. Ignorance is the mother of all the evil and all misery we see. Let men have light, let them be pure and spiritually strong and educated, then alone will miseries cease in the world, not before. We may convey every house in the country into a charity asylum, we may fill the land with hospitals, but the misery of man will still continue to exist until man's character changes."

Brahmacharya

"The human energy which is expressed as sex-energy, in sexual thought, when checked and controlled, easily becomes changed into *ojas*. It is only the chaste man and woman who can make *ojas*, and store it in the brain; that is why chastity has always been considered the highest virtue.

By the observance of strict brahmacharya all learning can be mastered in a very short time; one acquires unfailing memory of what one hears or knows but once. The chaste brain has tremendous energy and gigantic will-power."

* * * * *

Swami Sivananda says:-

Build Your Character

"A man may die, but his character remains. His thoughts remain. It is the character that gives real force and power to man.

Character is power. Without character the attainment of knowledge is impossible. That man who has no character is practically a dead man in this world. He is ignored and despised by the community. If you want success in life, if you want to influence others, if you want to get progress in the spiritual path, if you want to have God-realisation, you must possess an unblemished, spotless character. The quintessence of a man is his character. The character of a man survives or outlives him. Sri Sankara, Buddha, Jesus are remembered even now, because they had wonderful character. They influenced people and converted others through their force of character."

Brahmacharya

"Brahmacharya is purity in thought, word and deed. Brahmacharya is celibacy, continence. Brahmacharya includes the control of not only the sex or reproductive organ but also all the other organs. This is the definition of Brahmacharya in a broad sense of the term. Brahmacharya includes character-building or right moulding of character. Brahmacharya is a *sine qua non*, most important. It is a great *desideratum*, a thing mostly desired. It is of vital importance. They say that knowledge is power. But I assert boldly with great assurance and practical experience that character is power and that character is far superior to even knowledge.

Every one of you should endeavour your best to mould your character properly. Your whole life and the success in life entirely depends upon the formation of your character. All the great persons in this world have achieved their greatness through character, and character alone. The brilliant luminaries of the world have won their laurels of fame, reputation and honour through character alone."

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Noble Character (*Satcharitra*) — Third Foundation of Human Life

The third lesson is "Noble Character or *Satcharitra*", which is the third foundation of human life.

Meaning: - Noble character or *satcharitra* means the aggregate of various good qualities which constitute an individual person.

Necessity: - Noble character or *satcharitra* is the third foundation which is necessary for building of human life.

(i) By building noble character or *satcharitra*, the foundation of human life can be proper and strong, and also upon such foundation, the superstructure of human life can be constructed completely, properly, strongly and nicely. Consequently, the future human life can be lived successfully i.e. economically and materially prosperously as well as spiritually happily and peacefully; and also it can be lived ideally.

But without noble character or *satcharitra* i.e. with base or pitiable or undesirable character or *asadcharitra*, the foundation of human life will be improper and weak. And upon such an improper and weak foundation, the superstructure of human life can not be constructed completely, properly, strongly, nicely and successfully, and if constructed, it will become weak, may not last long and may fall down. Consequently, the future human life will be filled with failures, sorrows, sufferings, miseries and unhappiness, both in the secular and professional life as well as in the spiritual life.

As all human beings always want success, victory, prosperity, happiness and peace, building of noble character is badly necessary in human life.

(ii) Noble character or *satcharitra* is stated as humanly and is treated as synonymous with human being. Noble character or *satcharitra* is also stated as the essence of a human being.

Our *Rishis*, *Munis*, Saints and Sages say that without noble character or *satcharitra* a man is like an animal with a human body, because a man without noble character or *satcharitra* performs animalistic actions or beastly conduct in his life. Even, he, at times, becomes beastlier than the beast and commits brutal, heinous and shocking crimes. Thus, base character or *asatcharitra* is animalistic. Therefore, building of noble character or *satcharitra* is extremely necessary in human life.

(iii) Further, one's character or *charitra* finds expression in the form of his actions in the day-to-day life; and according to the universal and immutable Law of *Karmas* or Actions i.e. "As you sow, so shall you reap", ethical conduct or righteous actions bestow good results and unethical conduct or bad actions yield bad results. As such, noble character or *satcharitra* will result in performance of ethical conduct or righteous actions or virtuous actions or *sadachara*. Such righteous actions will bestow good results. Thereby, human beings can achieve real success both in their professional and secular life as well as in their spiritual life. And also human life can be ideal, successful, complete, purposeful, prosperous, happy and peaceful.

Similarly bad character or *asatcharitra* will result in performance of unethical conduct or unrighteous actions or *asadachara*. Such unrighteous actions will yield bad results. Thereby, human beings can not achieve victory, happiness, peace and real success either in their professional and secular life or in their spiritual life. And also human life will be filled with failures, sorrows, miseries, unhappiness and peacelessness in the real sense.

And as all human beings always want good results, prosperity, success, victory, happiness, peace, etc. in their life, building of noble character or *satcharitra*, which finds expression in performance of good actions, is badly necessary in human life.

In view of the foregoing, there is a great necessity for

building of noble character or *satcharitra* in human life.

Importance: - Noble character or *satcharitra* is the most important foundation of human life.

(i) As discussed above, noble character is stated as humanly and is treated as synonymous with human being. Noble character is also stated as the essence of a human being. Our *Rishis, Munis, Saints and Sages* say that without noble character a man is like an animal with a human body, because a man without noble character performs animalistic actions or beastly conduct in his life. Even, he, at times, becomes beastlier than the beast and commits brutal, heinous and shocking crimes. Thus, base character is animalistic. Therefore, as the oft-quoted proverb goes, "When money is lost, nothing is lost. When health is lost, something is lost. But **when character is lost, everything is lost.**" Such is the importance of noble character.

(ii) Noble character is stated as the real, greatest and the strongest power which the human beings need the most in order to achieve victory, happiness and real success in all endeavours in their life. Noble character is more powerful than the physical power and the mental power.

(iii) Noble character is the most important ingredient which contributes a great deal towards building of an excellent and magnetic personality in a student. Noble character is the most valuable wealth which a human being can and ought to possess. Noble character is also stated as the most precious ornament which a woman can and ought to wear.

(iv) A human being with a noble character can achieve real success, victory, true prosperity, real happiness and peace in his professional and secular life. He can also perform his spiritual practices or *aadhyatmik sadhana* easily, smoothly, efficiently and effectively and achieve success in his spiritual life. Thereby, he can cross the ocean of *sansara* or the worldly existence and reach the other shore of human life easily, smoothly, efficiently

and safely. That means, he can achieve *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or God-realisation easily and safely, which is the final and supreme destination of human life upon this earth plane, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal Indian Culture.

But without noble character i.e. with base or pitiable or undesirable character, a human being can not achieve real success, victory, true happiness and peace in his life. Instead, he will have to undergo many difficulties and encounter many obstacles both in his professional and secular life as well as in his spiritual life. Consequently, his whole life will be full of failures, sorrows, miseries, unhappiness and peacelessness in the real sense. Without noble character, the superstructure of human life will crumble down.

(v) Further, noble character will result in performance of ethical conduct or good conduct or virtuous conduct in human life. Ethical conduct, in accordance with the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", will shape the future destiny of human beings into a good one. As a result, human beings will reap good results and will achieve success, victory, happiness, peace throughout their whole life i.e. both professional and secular life as well as spiritual life. But base or pitiable or undesirable character will result in performance of unethical conduct. Performance of unethical conduct will shape the future destiny of human beings into a bad one. As a result, human beings will reap bad results and will have failures, defeat, unhappiness, peacelessness throughout their whole life i.e. both professional and secular life as well as spiritual life.

Such is the importance of noble character or *satcharitra*, the third and the strongest foundation of human life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints

and Sages attach greatest importance to noble character or *satcharitra* and place highest emphasis on its cultivation and development.

Thus, noble character or *satcharitra*, more than the good physical health and powerful mind, is most important. Our ancient Spiritual Scriptures, our *Rishis*, *Munis*, Saints and Sages, and our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also place great emphasis on building of noble character or *satcharitra*. Because, building of noble character or *satcharitra* leads to performance of ethical conduct or *sadachara* which results in creation of good destiny.

Manner: - Noble character or *satcharitra* can be built by (a) cultivation of (i) student-like good qualities such as obedience, humility, respectfulness, love (*shraddha*), devotion (*bhakti*), faith (*bishwas*), friendliness, self-control, discipline, etc. (ii) student-empowerment qualities such as faith in oneself, self confidence, courage, patience, fortitude, optimism, encouragement, hard-working nature, etc. and (iii) human-like good qualities such as truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, optimism, etc.; by (b) eradication of bad qualities like lust, anger, greed, selfishness, hatred, jealousy, arrogance, fear, timidity, pessimism, etc.; and by (c) observance of celibacy which gives great mental strength to cultivate good qualities, eradicate bad qualities; and firmly and resolutely adhere to noble character or *satcharitra* in all circumstances and in all situations, good or bad, favourable or adverse, throughout the entire life.

It is necessary for students to acquire knowledge about each such good quality in order to understand the same well and then develop it. Similarly, they should acquire knowledge about each evil quality, understand the same well and then eradicate it. They can acquire knowledge about the same by studying the Lesson No. 6 on "Noble Character" (*Satcharitra*) in Volume - 9 of the Book "Youth ! Arise, Awake and Adopt the Right Path

of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati.

Nevertheless, in this small write-up, we will discuss about one most important student-like good quality, i.e. "Obedience" and one most important human-like good quality, i.e. "Truth". We will also discuss one dreadful evil quality, i.e. "Anger".

OBEDIENCE

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

Quote "Obedience is willingness to obey commands.

Obedience is submission to or compliance with a command, prohibition, known laws, or rule of duty. It is the performance of what is required or enjoined or the abstaining from what is prohibited. Obedience is submission to authority as obedience to a person or to a law.

To obey is better than sacrifice.

He who obeys only can command or rule.

The man who commands efficiently must have obeyed others in the past and the man who obeys dutifully is worthy of being someday a commander.

From obedience spring all other virtues.

True obedience neither procrastinates nor questions.

Obedience is the mother of success, and is wedded to safety.

Let your child's first lesson be obedience.

Wicked men obey from fear; good men from love.

Command is anxiety; obedience is ease. Goodness is a river that follows from the lotus feet of the Lord by the path of obedience.

If the heart is not satisfied, obedience is not truly performed by the body." **Unquote**

The Story of Aaruni

In ancient time, students were studying in *Gurukulas*,

Rishikulas or *Ashramas* established by *Rishis*, *Munis*, *Maharshis*, the *Brahmavidya Gurus*. They were residing inside the *Gurukulas* and *Rishikulas*. While studying there, they were also cultivating the *Ashrama's* crop fields, grazing *Ashrama's* cows, collecting fruits, roots, firewood, *samidha*, etc. In the *Ashrama* of *Maharshi Dhoumya* there were many students. Prominent amongst them were *Aaruni*, *Upamanyu* and *Veda*.

Once, at the close of the rainy season, one day it was raining heavily in the evening. *Maharshi Dhoumya*, the *Guru*, thought that if the *Ashrama's* crop field would get overfilled with rain water, then the boundary wall of the crop field would break and there would be a passage. In that case, the entire water of the crop field would flow away through that passage. And if there would be no rain afterwards, then the crop of the field would get dried up and damaged. Therefore, he called his student *Aaruni* and told him "My son *Aaruni* ! Please go the *Ashrama's* crop field and ensure that the water in the crop field does not flow away in case its boundary wall breaks due to the heavy rain."

In obedience of his *Guru's* instructions, *Aaruni* immediately went to the *Ashrama's* crop field even if it was raining heavily. On reaching, he observed that at one spot, the boundary wall had been washed away due to heavy rainfall, a passage had been created and water was flowing away heavily through that passage. *Aaruni* started putting in clay at that passage in order to check the flow of water from the crop field. But the clay was damp and the forceful current of the flowing water of the crop field was washing away all the clay put therein by *Aaruni*. Thus, *Aaruni* failed to make good the damage caused in the boundary wall. Then, finding no other way, *Aaruni* himself lied down at that passage and thereby, the flow of water from the crop field through that passage could be checked.

Aaruni remained lie down the whole night at the passage in the crop field. Slowly, he started feeling very cold. Also, severe

pains affected his whole body. In spite of the same, he did not move out an inch from the passage or even did not change his side fearing that water from his *Guru's Ashrama's* crop field would flow away through that passage. Instead, he kept himself lie down there during the whole night.

In the *Ashrama*, the students use to offer salutations to their *Guru Maharshi Dhoumya* every day in the morning after performing their *sandhya* and *havana*. In the morning of the following day, *Guru Maharshi Dhoumya* observed that all students came to offer him their salutations but *Aaruni* was not seen. He asked the students about *Aaruni*. The students replied "Yesterday evening, you had sent *Aaruni* to the *Ashrama's* crop field to ensure that its boundary is not damaged due to heavy rainfall and water does not flow away from the field. Since then, *Aaruni* has not come back".

Hearing this, *Guru Maharshi Dhoumya*, along with his other students, rushed to the *Ashrama's* crop field in search of *Aaruni*. On reaching there, he shouted the name of *Aaruni*. But *Aaruni* was not able to speak due to exposure to cold throughout the night. Somehow, he could manage to answer the call of his *Guru* with much difficulty. Then the *Maharshi* located that spot, reached *Aaruni* and found him lying down at that spot of the crop field. He immediately lifted up his obedient student *Aaruni* with his arms, embraced him and blessed "My son *Aaruni* ! All *vidyas* will dawn in you of their own accord because of your obedience of *Guru's* instructions". Thanks to such blessings of his *Guru Maharshi Dhoumya*, *Aaruni* could learn all *vidyas* without any study and became a great learned man.

Such is the benefits of "obedience" to one's *Guru*. Therefore, students ought to develop and keep up the good quality of obedience to their Teachers.

TRUTHFULNESS

(Reproduced from the book "How to cultivate virtues and

eradicate vices" written by Swami Sivananda Saraswati)

Quote "Srutis emphatically declare "*Satyam Vada* - speak truth. *Satyameva Jayate Nanrutam* - Truth alone triumphs but not false hood." God is Truth and Truth must be realised by speaking the Truth. A truthful man is absolutely free from worries and anxieties. He has a calm mind. He is respected by society. If you observe speaking truth for twelve years, you will get Vak Siddhi. Then what ever you speak will come to pass. There will be power in your speech. You can then influence thousands.

Your thought should agree with your words and the words should agree with your actions. In the world people think of one thing, say another thing and do another thing. This is horrible. This is nothing but crookedness. You must carefully watch your thoughts, speeches and actions. The little gain that you get by telling lies is no gain at all. You pollute your con science and infect your subconscious mind. The habit of telling lies is carried to your next birth also and you undergo suffering from birth to birth. Have you ever thought over this matter? Be very serious and stop the evil habit of telling lies from this very second.

The name of Harishchandra is even now a house hold word because he was a truthful man. He stuck to his principles of speaking truth at all costs. He never cared for his wife or dominion. He underwent all sorts of suffering. He was truthful to the very last. Visvamitra tried his level best to make him a liar. He failed in all his various schemes. Truth alone triumphed in the end.

Write in bold types the words "SPEAK TRUTH" on card boards and hang them in different places in your house. This will remind you, when you are about to speak any lie. You will check yourself at once. A time will come when you will be established in the habit of speaking truth. Punish yourself by fasting if you tell a lie and record the lies in the diary. Gradually the number of lies will decrease and you will become a truthful man." **Unquote**

The Story of Abdul Qadir Jilani

This is a story of about one thousand years' old. There was a place named Jilan in the country of Iran. A boy named Abdul Qadir Jilani was born in that place. He lost his father in his childhood. Then his mother took his care and brought him up.

Qadir had a strong desire to study well and become a learned man. But Jilan being a small place, there was no good facility for education. Therefore, he requested his mother to send him to Bagdad for study. His mother persuaded him not to go to Bagdad which was a very distant place and the road was lonely. But Qadir was determined to go there. Then his mother decided to send him to Bagdad. During those days, there was no facility of communication to travel to Bagdad. Therefore, people were not going there. Only, merchants used to go to Bagdad on foot in small groups for their business purposes and they were carrying their business merchandise on camels.

When a group of merchants were to travel to Bagdad, Qadir's mother arranged his journey to Bagdad with them. Before departure, Qadir's mother stitched one pocket inside the old coat of Qadir, put therein fourty gold coins and told her son "My son ! Your father had left this much of wealth only. Expend the same very judiciously. Yes, one thing more. Remember to speak the truth at all costs and even if your life is in danger. Allah is kind. He will protect you".

Qadir commenced his journey to Bagdad in company of the group of merchants. It was a long as well as lonely journey. During the journey, robbers used to attack the travelling merchants at lonely spots. At one such spot, a gang of robbers attacked the group of merchants. They looted away all merchandise of the merchants and also thrashed them. As Qadir was a small boy, the robbers ignored him thinking that he might not be having any wealth. When the gang of robbers was leaving, one robber asked Qadir if he had any wealth. Qadir replied "Yes,

I have fourty gold coins". The robber scolded him thinking that Qadir was playing jokes with him. But Qadir brought out those fourty gold coins from his coat pocket and showed the same to the robber. Seeing this, the robber got astonished. The robber reported the matter to his *Sardar*, the gang leader. The *Sardar* asked Qadir "O boy! You know that we are robbers. We will snatch away all your gold coins. Still then, why did you show the same to us ?" Qadir replied "O *Sardar* ! My mother had advised me to speak the truth at all costs even if my life is in danger. Allah is kind. He will protect me". Hearing this, the *Sardar* became dumb-founded. His cruel heart was moved and got melted. He thought "Great is this boy. How simple is he ! How truthful is he ! And how cruel we are who loot the innocent people !". The *Sardar* and his companion robbers started lamenting for their wrong actions. They returned all the gold coins to Qadir. They also returned all the merchandise which they had looted from the merchants. They gave up their bad action of robbery for ever.

Qadir reached Bagdad with the group of merchants safely and prosecuted his study there. He completed his education at Bagdad well and came back. Later on, he became a great saint named Abdul Qadir Jilani Bade Pir Sahab.

Qadir spoke the truth before the robbers. And Allah protected him from them. This is how God protects those who speak the truth in all circumstances.

Therefore, students ought to develop the good quality of "Truth" and speak the truth in all circumstances.

ANGER (*KRODHA*)

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

Quote "Anger is a negative Vritti or whirlpool in the mind lake. It is born of ignorance.

It is a strong emotion, excited by a real or fancied injury and involving a desire for retaliation.

Anger is the natural passion or emotion of displeasure and antagonism aroused by injury or insult, real or imagined, and directed against the cause thereof. Anger arises from an idea of evil having been inflicted or threatened.

Anger is often accompanied by a desire to take vengeance, or to obtain satisfaction from the offending party.

It begins in folly and ends in repentance.

The fire you kindle for your enemy, burns yourself.

When anger arises, think of the consequences. It will soon subside.

You think of objects of senses. Attachment to these objects develops. From attachment desire is born. From desire anger comes forth. From anger proceeds delusion; from delusion confused memory; from confused memory the destruction of reason; from destruction of reason you perish.

Raga or attachment is a long-standing associate of anger.

Control anger through patience, enquiry, self-restraint, love and meditation. This is manly and divine. This is wise and glorious.

To become angry for trifling things is mean, childish and brutal.

When you are angry, count twenty before you speak. If you are very angry, count one hundred.

An angry man is again angry with himself when he comes to his senses.

When anger is on the throne, reason takes to its heels.

Be always ready to forgive the faults of others. Kill the spirit of revenge. Return good for evil.

Anger begins from folly or weakness. It ends with remorse and repentance. Act not in a furious passion.

He who is influenced by anger is like one intoxicated with a strong liquor.

Fury, indignation, choler, ire, temper, irritation, rage, resentment, wrath are synonymous with anger.

Displeasure is the mildest and most general word. 'Temper' is used in the sense of anger. This is colloquial. We say: "Mr. Johnson is a man of hot temper, a fiery temper."

Anger is sharp, sudden and brief. Resentment is persistent. It is the bitter brooding over injuries. Exasperation, a roughening, is a hot superficial intensity of anger, demanding instant expression.

Rage drives one beyond the bounds of prudence or discretion. Fury is stronger and sweeps one away into uncontrollable violence.

Anger is personal and usually selfish, aroused by real or supposed wrong to one self. Indignation is impersonal and unselfish displeasure at unworthy acts. Pure indignation is not followed by regret and needs no repentance. It is also more self-controlled than anger. Anger is commonly a sin. Indignation is often a duty. We speak of "righteous indignation."

Wrath is deep and vengeful displeasure. It simply expresses the culmination of righteous indignation without malice in a pure being.

Anger is a stronger term than resentment, but not so strong as "indignation" which is awakened by what is flagitious in character or conduct; nor as wrath, fury, rage in which anger is wrought up to a still higher point in the order of these words. Anger is a sudden sentiment of displeasure; resentment is a continued anger; wrath is a heightened sentiment of anger.

Unquote

An imaginary Story of Arun and Varun

Arun and Varun are classmates. Arun is short tempered by nature and gets angry easily. But Varun is of calm and composed nature. He remains peaceful. They are good friends. But, on many occasions, Arun gets angry with Varun even over petty matters.

Both Arun and Varun are meritorious students but Arun is somewhat weak in mathematics. Arun uses to approach his friend Varun and request for getting his doubts in mathematics cleared

whenever he needs. Varun, as a good friend, uses to help his friend Arun and clears his doubts even if Arun gets angry with him on many occasions.

Once, Arun became very angry with Varun over a trifling issue and scolded him a little more although Varun had no fault at all. Varun got severely hurt and was unable to forget the wrong behaviour of Arun. A few days later, they were to appear their final degree examination. Arun was in utter need of clearing his doubt on one question of mathematics just in the previous night of the examination day. He requested Varun to help him by clearing his doubt. But Varun could not yet forget the wrong behaviour of Arun on that day and therefore, he avoided to help him. The doubt of Arun remained uncleared. Next day, both of them appeared the degree examination on mathematics paper. Surprisingly, Arun found the same mathematical question, carrying twenty marks, in the question paper, but could not answer it as he had doubt on the same problem. Varun could answer the same question correctly.

The result of the degree examination was declared in due course. Arun could not secure first class in the examination for shortage of fifteen marks only. But Varun stood first. Had Varun clarified his doubt on that day, Arun could have answered that question in the mathematics paper and could have secured twenty marks more and then, he could have secured first class in the examination. Arun felt very sorry for not being able to secure a first class like his friend Varun.

Within a few months, there was an advertisement in a newspaper for recruitment of officers in an eminent and national level organisation. The post carried lucrative salary. The eligibility criterion for applying for that post stipulated, among other things, a first class pass in the degree examination. Varun, by virtue of having secured first class in the degree examination, could be eligible to apply for that post. He submitted his application,

appeared the tests and was selected for that post. He joined that post and earned handsome salary every month. But Arun, who failed to secure first class in the degree examination, could not apply for that post and lost a very good opportunity to get appointment in a lucrative post in that national level organisation. And he felt severe agony. Had he not got angry and had he not scolded his friend Varun on that day, Varun would have cleared his doubt, and he would have answered that mathematical question in the degree examination, secured twenty marks more and thereby, he would have stood first. In that case, he would have fulfilled the eligibility criterion, applied for that post, appeared the tests and could have been selected. Then he would have joined that post and earned good salary every month like his friend Varun. Now that he could not do so, he started lamenting a lot for his wrong action of having got angry with Varun and having scolded him over a trifling issue. He lost that opportunity in his life for ever. Thus, he lost a great thing for a small wrong action performed by him.

This is how one who gets angry loses, and then he laments and suffers himself in his life. Such is the adverse consequence of the evil quality of "Anger".

Therefore, students ought to eradicate the bad quality of "Anger" and remain calm, composed and peaceful in all circumstances.

Benefits: - There will be a large number of benefits by building of noble character or *satcharitra*, such as (i) one will be rightly called a "true human being", because noble character is stated as synonymous with human beings, (ii) one will be far away from animalistic or beastly qualities, (iii) one's conduct in the day-to-day life, resulting from his noble character, will be ethical or good or righteous or virtuous, which will bestow good results, victory, success, happiness and peace, both in his professional and secular life as well as in his spiritual life

according to the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", (iv) one's ethical conduct, resulting from his noble character, will shape his future destiny into a good one, (v) one will be very wealthier because noble character is stated as the most valuable wealth, (vi) women will remain well protected because noble character is stated as the real protector, (vii) one will be very powerful because noble character is stated as the real power, (viii) one's noble character will contribute towards building of an excellent and magnetic personality.

However, in spite of the above, our students and youth do not make any efforts to build noble character. Thereby, they deprive themselves of a large number of benefits in their life. Instead, they undergo sorrows, sufferings, miseries and failures, etc. in their future life. And then, they repent and repent for not having built noble character during their student life and youth period.

In view of the foregoing, it is wisest for our students and youth to make their best endeavours to build noble character and derive immense benefits for themselves, both in their professional and secular life as well as in their spiritual life. Thereby, they can live an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life.

Practical ways to build noble character:- After acquiring knowledge about the great necessity, invaluable importance and immense benefits of noble character or *satcharitra*, our students must be curious, eager and interested to know how to build the same. Building of noble character or *satcharitra* is also most vital in the life of human beings as it is the essence of human life. In view of the same, let us discuss in brief about the practical ways in which our students can build noble character or *satcharitra* by adopting some methods and tools as advised by Swami Sivananda Saraswari.

However, before that, let us discuss one aspect in this regard. In each person we observe some good qualities as part of his character. Such good qualities are found inborn in him which were developed and acquired by him in his past births, and those good qualities find natural and spontaneous expression in his character and conduct in the day-to-day life in his present birth.

Certain good qualities are developed and acquired by one in his present birth after, consciously or unconsciously, observing those in the day-to-day conduct of his mother, father, other family members, teachers, class mates, friends as well as other persons around him in the society. He observes those good qualities in them and considers those qualities to be worthy of adoption in his life. He gets influenced by those qualities, and becomes inspired and encouraged to accept, emulate and adopt those qualities in his life. Then he makes endeavours, develops and acquires those good qualities. In this manner, he develops and acquires those good qualities in his present birth.

One also chooses some good qualities by himself and considers the same to be necessary and worthy of development in his life. Then he consciously makes endeavours to cultivate, develop and acquire those good qualities in his life of his own accord. In this manner also, one develops and acquires some good qualities in his present birth. In this connection, let us discuss in brief about the practical ways to develop good qualities by adopting some methods and tools as advised by Swami Sivananda Saraswari.

Let us take one good quality as an example. One considers that courage is a good quality and then he wants to acquire the same. He can develop this good quality of courage by adopting the following practical method and tools:-

(i) Conviction:- First acquire knowledge about “courage” and thereafter, please build firm conviction in your mind to

develop courage. Because, firm conviction will drive you to make necessary endeavour in the matter,

(ii) Desire:- Please have a strong desire to possess courage. If you do not have a desire, please create it. Then attainment of courage will be easy, like supply comes when there is demand, as this is the law,

(iii) Willingness:- Please create willingness in your mind to develop courage. Will follows desire like a dog following the master. Willingness is very important, because, then your mind will be positive and permissive, and it will open the door for you to develop courage,

(iv) Interest:- Please develop interest in your mind to develop courage because interest is the driving force which will propel you to make the required endeavour with inclination, dedication, commitment, sincerity and earnestness,

(v) Resolve:- Please make a resolve to develop "courage" and write down the same in the "Resolve Form" for the new year. (Please see the "Resolve Form" designed by Swami Sivananda Saraswati in Lesson No. 20 in Volume — 14 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati). This is a very effective tool for development of new good quality,

(vi) Deep Thinking:- Please think deeply, preferably in the morning hours, for some time, say 10 minutes, (a) by having a clear-cut image of the quality of courage, (b) about the great necessity and importance of possessing courage and (c) about the immense advantages and benefits of possessing courage. During such deep thinking, please repeat and renew your resolve to develop courage. Consequent upon such deep thinking, the thought of developing courage will get strongly established in the subconscious mind, which will help one greatly to put the thought into practice in his day-to-day life. This is the central point and is

of utmost importance. This is also a very effective tool for development of new good quality,

(vii) Mental Affirmation:- Please repeat the words "OM COURAGE" mentally and with all firmness in your command. Please also mentally affirm repeatedly and feel deeply for some time in your mind that you really possess courage. Such mental repetition and affirmation will also enter into your subconscious mind and will get reflected in your life's daily actions. This is also very very important. This tool also is very powerful and effective for development of new good quality,

(viii) Actual practice:- Please commence actual practice to develop courage, i.e. please show or exhibit courage at the time of fear in the day-to-day activities of your life,

(ix) Continuance of practice:- Please repeat the practice again and again during the whole day. Swami Sivananda Saraswati says: "Always positive overcomes the negative. This is the grand law of the nature. Please have unshakable faith and confidence that you will possess courage. This virtue will develop slowly. Please wait coolly. Please do not be discouraged. It takes some time for the development of a virtue. You are bound to succeed in a short time." Please, therefore, continue the practice to develop courage through out regularly, sincerely, tenaciously, devoutly with strong determination, firm commitment, high positiveness, great encouragement and constant perseverance. This is also very very important,

(x) Overcoming difficulties, obstacles, failures:- You are most likely to face many difficulties, obstacles, failures many times while practising development of courage in your daily life, like meeting frequent failures in life's other fields of activities also. But you need not get discouraged for such difficulties, obstacles, failures and need not give up the practice. Rather, you should continue to practise courage in your daily life with firm conviction, strong determination, great patience, self motivation, high

encouragement, optimistic mind, sense of success, persistence and perseverance, in your own interest and for your own highest welfare and supreme good. Thereby, ultimately you will achieve success in your practice. You should remember that "Nothing is impossible in the world", "Failures are the pillars of success" and "Practice makes a man perfect". You should also repeatedly think of the gains or benefits which you will derive by developing courage in your daily life. Because such thinking will inspire, encourage and motivate you to keep continuing the practice till success is achieved,

(xi) Daily Diary writing:- Please maintain a "Daily Diary" and write down therein in the night the number of times you failed to show courage at the time of fear during the whole day. As Swami Sivananda Saraswati says, maintenance of a daily diary is a very powerful and effective tool and will ensure rapid progress in your practice. It will teach, guide and goad your mind to develop courage. (Please see the "Spiritual Diary" format designed by Swami Sivananda Saraswati in Lesson No. 20 in Volume - 14 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati).

(xii) Daily Introspection:- Introspection means studying one's mind by himself in solitude. Please do introspection daily, preferably at night before sleeping. During daily introspection, please study or watch your mind carefully to know whether you are progressing or remaining stationary or retrograding in development of the virtue of courage. If you are not progressing or if you are remaining stationary or if you are retrograding, you must take the remedial actions to stop remaining stationary or retrograding and to make progress in your practice. Then, as Swami Sivananda Saraswati says, you will achieve rapid progress in your practice of development of the virtue of courage. Daily Introspection is also a very powerful and effective tool for

development of new good quality.

In this way, the quality of courage and also other good qualities or virtues can be developed.

Swami Sivananda Saraswati says that if somebody develops one good quality, then other good qualities can be developed easily as the latter follow the former. In this manner, one can develop the desired good qualities and build one's noble character.

Source of detailed knowledge: - For acquiring detailed/ further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 6, volume no. 9.

Moral and Ethical Conduct (*Sadachara*) — Fourth Foundation of Human Life

The fourth lesson is "**Moral and Ethical Conduct or *Sadachara***", which is the fourth foundation of human life.

Meaning: - Moral and Ethical conduct or *sadachara* means performing of moral and ethical actions, good actions, righteous actions or virtuous actions in various spheres of human activities in the day-to-day life of human beings. Ethical conduct or *sadachara* is the expression of noble character or *satcharitra* in actions in one's day-to-day life.

Necessity: - Moral and Ethical conduct or *sadachara* is the fourth foundation which is necessary for building of human life.

(i) By performance of moral and ethical conduct or *sadachara*, the foundation of human life can be proper and strong, and also upon such foundation, the superstructure of human life can be constructed completely, properly, strongly and nicely. Consequently, the future human life can be lived successfully i.e. both economically and materially prosperously as well as spiritually happily and peacefully; and also it can be lived ideally.

But without performance of moral and ethical conduct or *sadachara* i.e. with performance of unethical conduct or bad actions or *asadachara*, the foundation of human life will be improper and weak; and upon such an improper and weak foundation, the superstructure of human life can not be constructed completely, properly, strongly, nicely and successfully, and if constructed, it will become weak, may not last long and may fall down. Consequently, the future human life will be filled with failures, poverty, sorrows, sufferings, miseries, unhappiness and peacelessness, both in the secular and professional life as well as in the spiritual life.

Hence, performance of moral and ethical conduct or *sadachara* is extremely necessary in human life.

Be good. Do good. — Swami Sivananda

(ii) Moral and Ethical conduct or *sadachara* is stated as humanly and is treated as synonymous with human being. Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints, Sages* and Great Ones say that without performance of ethical conduct or *sadachara*, a man is like an animal with a human body. Because a man without moral and ethical conduct or *sadachara* performs animalistic actions or beastly actions in his life. Even, he, at times, performs beastlier than the beastly actions and commits brutal, heinous and shocking crimes. Thus, immoral and unethical conduct or unrighteous conduct or bad conduct or *asadachara* is animalistic. Therefore, performance of moral and ethical conduct or *sadachara* is extremely necessary in human life.

(iii) Further, according to the universal and immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", moral and ethical conduct or righteous actions bestow good results and immoral and unethical conduct or bad actions yield bad results. As such, performance of moral and ethical conduct or righteous actions or *sadachara* will bestow good results in human life. Thereby, human beings can achieve real success both in their professional and secular life and in their spiritual life. And human life can be ideal, successful, purposeful, prosperous, happy and peaceful.

Similarly performance of immoral and unethical conduct or unrighteous actions or *asadachara* will yield bad results in human life. Thereby, human beings can not achieve real success either in their professional and secular life or in their spiritual life. Also human life will be full of failures, sorrows, miseries, unhappiness and peacelessness in the real sense.

And as all human beings always want good results, success, victory, prosperity, happiness and peace in their life, performance of moral and ethical conduct or righteous actions or *sadachara* is badly necessary in their life.

In view of the foregoing, there is a great necessity for performance of moral and ethical conduct or *sadachara* in human life.

Importance: - Moral and Ethical conduct or *sadachara*, like noble character or *satcharitra*, is another most important foundation of human life.

(i) As discussed above, moral and ethical conduct or *sadachara* is stated as humanly and is treated as synonymous with human being. Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that without performance of moral and ethical conduct or *sadachara*, a man is like an animal with a human body. Because a man without moral and ethical conduct or *sadachara* performs animalistic actions or beastly actions in his life. Even, he, at times, performs beastlier than the beastly actions and commits brutal, heinous and shocking crimes. Thus, immoral and unethical conduct or unrighteous conduct or bad conduct or *asadachara* is animalistic. Therefore, moral and ethical conduct or *sadachara* is extremely important in human life.

(ii) A human being by performance of moral and ethical conduct or *sadachara* can achieve real success, victory, true prosperity, real happiness and peace in his professional and secular life. He can also perform his spiritual practices or *aadhyatmik sadhana* easily, smoothly, efficiently and effectively. Thereby, he can achieve success in his spiritual life and cross the ocean of *sansara* or the worldly existence and reach the other shore of human life easily, smoothly and efficiently. That means, he can achieve *Moksha* or Liberation of the Soul from the cycle of births and deaths or God-realisation or Self-realisation easily, which is the final and supreme destination of human life upon this earth plane, as stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis, Saints and Sages*, and according to our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*.

(iii) Moral and Ethical conduct, in accordance with the

universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", will result in shaping of the future destiny of human beings into a good one. As a result, human beings will reap good results and will achieve success, victory, happiness, peace throughout their whole life i.e. both professional and secular life as well as spiritual life. But immoral and unethical conduct will result in shaping of the future destiny of human beings into a bad one. As a result, human beings will reap bad results and will have failures, defeat, unhappiness, peacelessness in their whole life i.e. both professional and secular life as well as spiritual life.

(iv) Moral and Ethical conduct is the most important ingredient which contributes a great deal towards building of an excellent and magnetic personality of human beings.

(v) Our Scriptures speak highly of the importance of ethical conduct or *sadachara*, some of which are as under:-

Manusmriti says:-

The norm of conduct or *sadachara* specified in the *Shrutis* or *Vedas* and *Smrutis* is the highest *Dharma*. Therefore, a *Dvija* or a seeker of self-benediction should sincerely practise it (*sadachara*) always. (Manusmriti - 1-108)

“Dharmaḥ śreyaḥ karmasādhakḥ
 lenceoanpave moe 3 gñesdel 3 dñ³ eoel celeave dApē~”

(cavegnle - 1 - 108)

Mahabharata says:-

Right conduct or *sadachara* is the main canon of *dharma*, and saints perform right conduct or *sadachara*. *Dharmik* scriptures also state that right conduct or *sadachara* is the highest *dharma*. Right conduct or *sadachara* is the origin of *dharma*. Right conduct or *sadachara* increases longevity. It increases not only longevity, but also increases properties and wealth. (Mahabharata - Anushasana Parva).

“Dharmaḥ śreyaḥ karmasādhakḥ
 Dharmaḥ śreyaḥ karmasādhakḥ
 Be good. Do good. — Swami Sivananda

emphasis on performance of moral and ethical conduct or *sadachara*, like building of noble character or *satcharitra*. Because, performance of moral and ethical conduct or *sadachara* results in creation of one's good destiny.

Manner: - Moral and Ethical conduct or *sadachara* can be performed (i) by performance of moral, ethical, righteous, virtuous actions in all spheres of human activities in one's day-to-day life; and (ii) by refraining from performance of bad, undesirable actions or *asadachara*; and also (iii) by observance of celibacy which gives great mental strength to perform ethical actions, to refrain from performing unethical actions; and to firmly and resolutely adhere to performance of moral and ethical conduct or *sadachara* in all circumstances and in all situations, good or bad, favourable or adverse, throughout the entire life.

Benefits: - There will be a large number of benefits by performing moral and ethical conduct or *sadachara*, such as (i) one will be rightly called a "true human being", because moral and ethical conduct is stated as synonymous with human beings, (ii) one will be far away from animalistic or beastly qualities, (iii) one will get good results, victory, success, prosperity, happiness, peace, both in his professional and secular life as well as in his spiritual life. Because, according to the universal and immutable Law of *Karmas* or Actions, viz. "As you sow, so shall you reap", moral and ethical conduct or right actions bestow good results, (iv) one will be free from failures, sorrows, sufferings, unhappiness, restlessness, etc. in his life which are caused by performance of immoral and unethical conduct or bad actions or *asadachara*, (v) one's moral and ethical conduct will shape his future destiny into a good one according to the above universal and immutable Law of *Karmas* or Actions, (vi) one's moral and ethical conduct will contribute towards building of an excellent and magnetic personality.

However, in spite of the above, our students and youth do

not perform moral and ethical actions. Consequently, they undergo sorrows, sufferings, failures, unhappiness, restlessness, etc. in their future life. And then, they repent and repent for not having developed the habit of performing moral and ethical actions during their student life and youth period.

In view of the foregoing, it is wisest for our students and youth to perform moral and ethical actions and derive immense benefits for themselves, both in their professional and secular life as well as in their spiritual life. And thereby, they can live an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life.

Source of detailed knowledge: - For acquiring detailed/ further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 7, volume no. 9.

This is a brief outline of the topic "laying the foundation of precious human life."

Celibacy (*Brahmacharya*) — Basis of Successful Human Life

The fifth lesson is "Celibacy or *Brahmacharya*", which is the basis of successful human life.

Meaning:-*Brahmacharya* is a broad term. It has several meanings.

One meaning is, *Brahmacharya* literally means *achara* or conduct with *Brahma* or God. In other words, that *achara* or conduct which leads to realisation of *Brahma* or God is called *Brahmacharya*. *Brahmacharya* also means contemplation on *Brahma* or God. This is the meaning of *Brahmacharya* from spiritual point of view.

Brahma also means *Veda*. So study of *Veda* is called *Brahmacharya*.

Another meaning of *Brahmacharya* or celibacy or continence is preservation of vital seminal fluid or *veerya*. In other words, *Brahmacharya* means abstinence from sexual activity. *Brahmacharya* is abstinence from eight kinds of sexual activities, viz. (1) *Smarana* or remembering a person of the opposite sex, (2) *Kirtan* or praising the qualities of a person of the opposite sex, (3) *Keli* or playing with a person of the opposite sex, (4) *Prekhyana* or looking at a person of the opposite sex with lustful eye, (5) *Guhya Bhashana* or conversing with a person of the opposite sex in private, (6) *Sankalpa* or strong determination to have the company of a person of the opposite sex, (7) *Adhyavasaya* or making efforts to have the company of a person of the opposite sex, and (8) *Kriyanispatti* or physical sexual enjoyment.

“mcej Cakelalekkeluee OseCchig e/aeCch-
mekelulee3e/ene3e/2e-fel3ee dreHefejse @e~”

The great *Rishi Yajnavalkya* says:-

"*Brahmacharya* is abstaining from *Maithuna* (all kinds of sexual enjoyments) for ever, in all places and in all conditions, either

physically, mentally or in words".

“kēṭhācē cavaṇṇe yaṇṇe meḷḷam leṇṇa meḷḷe ~
meḷḷe cavaṇṇe 3 eṇṇe iṇṇe eṇṇe # eṇṇe ~”

Thus, *Brahmacharya* is to be observed not only in deed (physical activity) but also in thought (mental thinking) and in word (verbal speech), or, in other words, *Brahmacharya* is to be observed completely. *Brahmacharya* is stated as purity in thought, word or deed. This is the general and commonly understood meaning of *Brahmacharya*.

Brahmacharya also means control of not only the sex *indriya* or reproductive organ but also all other senses or *indriyas*, i.e. five organs of actions or *pancha karma-indriyas*, viz. speech, hands, feet, genitals and anus, and five organs of knowledge or *pancha jnana-indriyas*, viz. ears, skin, eyes, tongue (taste) and nose (smell).

Necessity:- Observance of celibacy or *brahmacharya* is necessary for achieving success in one's secular life in the form of achievement of material prosperity and fulfillment of vital worldly desires. It is also necessary for achieving success in one's spiritual life in the form of observance of *dharma* or performance of righteous conduct or ethical conduct; and performance of *aadhyatmik sadhana* or spiritual practices. Thus, celibacy or *brahmacharya* is the basis of successful human life, both secular and spiritual. Hence the necessity of observance of celibacy or *brahmacharya* in human life.

Importance:- Celibacy or *Brahmacharya* is the basis of successful human life, both secular and spiritual.

(i) Human beings live on food in this iron age. From food juice or chyle is produced. From juice blood is prepared. From blood flesh, from flesh fat, from fat bones and from bones marrow is made. From marrow semen or *veerya* is produced. This is how semen is finally made in the human body. Semen is thus the seventh product of food.

“j meo j kel ecall el esced maced maveda deē ōpee³ el es-
ced mē mē lē lē eseppee, ceppee Meγ d m³ e mē Yeyē ~”

Semen is the last essence of food. It is regarded as the essence of essences. It is highly necessary for prosperous, happy, peaceful and successful human existence. Wastage of semen will make human life poor, miserable, unhappy, restless and failure. Thus, semen is tremendously vital, most precious, absolutely necessary and extremely important for human beings. Such is the importance of observance of celibacy or *brahmacharya* in human life.

(ii) Celibacy or *brahmacharya* contributes a great deal in keeping of good physical health, empowering of the mind, building of noble character and performance of ethical conduct, and thereby, building of human life properly and strongly. It also contributes a great deal for achievement of material prosperity, fulfillment of vital worldly desires, observance of *dharma* or performance of righteous conduct; and performance of *aadhyatmik sadhana* or spiritual practices. Thereby, living of human life becomes complete and successful, i.e. both economically and materially prosperous as well as spiritually happy and peaceful.

But without observance of celibacy or *brahmacharya*, physical health will be weak, poor and sick. Mind will be weak, i.e. thought will be negative, thinking will be scattered, will power will be weak, memory power will be feeble and concentration power will be low. One can not make necessary efforts to build noble character and can not perform ethical conduct. As a result, building of human life will be improper and weak. Also, one can not acquire huge material prosperity, can not fulfill his vital worldly desires, can not properly observe *dharma* or perform righteous conduct and can not effectively perform *aadhyatmik sadhana* or spiritual practices. Then, living of human life will be incomplete and unsuccessful i.e. both economically and materially poor as

well as spiritually unhappy and restless. Such is the importance of observance of celibacy or *brahmacharya* in human life.

(iii) Observance of celibacy or *brahmacharya* contributes significantly in developing an impressive, magnetic, charming and brilliant personality.

(iv) Celibacy or *brahmacharya* bestows victory and success in all fields and in all activities of human life.

(v) When semen or *veerya* is once lost, it can not be recouped even in one's life time by taking any amount of nutritious food or any type of potent medicines.

(vi) Falling or wastage of semen brings incurable diseases, sicknesses and weakness and premature death, but its preservation gives good health and long life.

Siva Samhita says: "ॐ ज्ञानं ब्रह्मचर्यं परमं धर्मं ॥" (ॐ ज्ञानं ब्रह्मचर्यं परमं धर्मं ॥), i.e. "Death is hastened by letting out semen from the body; life is saved and prolonged by preserving it in the body."

One of the students of *Dhanvantari* approached his teacher after finishing his full course of *Ayurveda* and asked him: "O *Bhagavan* ! Kindly let me know the secret of health now." *Dhanvantari* replied: "This *Veerya* (seminal energy) is verily *Atman*. The secret of health lies in the preservation of this vital force. He who wastes this energy can not have physical, mental, moral and spiritual development." Such is the importance of observance of celibacy or *brahmacharya* in human life.

Thus, observance of celibacy or *brahmacharya* is extremely important in human life. Our ancient Spiritual Scriptures, our *Rishis*, *Munis*, Saints and Sages, and our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also place great emphasis on observance of celibacy or *brahmacharya*. Because, observance of celibacy or *brahmacharya* is the basis of successful human life, both secular and spiritual.

Types :- Types of celibacy or *brahmacharya* in different stages of human life are as under:-

Celibacy or *brahmacharya* is of two types, i.e. complete celibacy and partial celibacy. Complete celibacy means full preservation of semen without wasting even a single drop of it or total abstinence from sexual activities or sexual enjoyments. Partial celibacy means limited use of semen for permissible legitimate purpose.

According to our ancient Spiritual Scriptures and our great Indian Culture or *Bharatiya Sanskruti*, human life has four stages or *ashramas*, viz. (a) Student Life or *Brahmacharya Ashrama*, (b) Householder Life or *Grihastha Ashrama*, (c) Retired Life or *Vanaprastha Ashrama* and (d) Secluded Life or *Sannyasa Ashrama*.

Our ancient Spiritual Scriptures and our Saints, Sages, *Rishis*, *Munis* and Yogis say that complete celibacy, in thought, word and deed, is to be observed during three stages or *ashramas* of human life, i.e. during student life or *brahmacharya ashrama*, retired life or *vanaprastha ashrama* and secluded life or *sannyasa ashrama*; and that partial celibacy is to be observed during one stage or *ashrama* only of human life, i.e. during householder life or *grihastha ashrama*.

Our ancient Spiritual Scriptures and our *Rishis*, *Munis* Saints and Sages say that householders are permitted to have legitimate sexual activity for the only purpose of getting progeny and thereby, help continuation of the creation of the Creator. Swami Sivananda Saraswati and Swami Chidananda Saraswati say that householders are allowed to have legitimate sexual intercourse with their spouses once in a month at the proper time only without the idea of sexual enjoyment but just to get progeny in order to keep up their line and help continuation of the creation of the Creator. They further say that after the householders get progeny and their line is kept up, they ought to stop sexual activities for ever and observe complete celibacy and preserve the vital semen for achieving success in their spiritual pursuit,

which is the supreme goal of human life upon the earth plane, as stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis, Saints and Sages*, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*.

They further say that the nature of sex-desire of human beings is such that it never gets satisfied. Rather, the more one enjoys sexual pleasures, the more becomes his desire to enjoy the same again and again. Also, a mild sex-desire becomes a strong passion by frequent repetition of sexual activity and enjoyment. But if one stops sexual activity for ever, his sex-desire will gradually get vanished or become extinct. This has been explained with the illustration of the sacrificial fire and ghee. When one pours ghee in the fire, the flame of the fire rises high. When one continues to pour more and more ghee in the fire, its flame goes on rising higher and higher. But when one stops pouring further ghee in the fire, the fire gradually gets extinguished. Therefore, they say that after getting progeny, human beings should utilise their *viveka* or power of discrimination, think again and again of the fatal consequences of wastage of seminal energy and the immense benefits of observance of celibacy, and ought to stop sexual activities for ever. And then their sex-desire will gradually get vanished.

However, they exhort that if the householders can not exercise control over their sex-desire and can not observe complete celibacy during householder life or *grihastha ashrama*, they should be moderate and rational in sexual activity. Even birds and animals exercise self control and perform sexual activity rationally. Lions cohabit only once in a year. After conception, the female animals never allow the male animals to approach them till the young animals are weaned and they themselves become healthy and strong. Men only violate the law of nature, perform sexual activity frequently and irrationally and they degenerate themselves to a far low level than

animals in this respect. Thereby, they suffer from innumerable and incurable diseases. Therefore, it is wise for them to take the help of their power of discrimination and endeavour their best to control their sex-desire and observe complete celibacy, preserve the most vital and precious seminal energy and utilise the same for their spiritual growth in their own interest and for their highest welfare and supreme good. Thereby, they will derive the immense benefits of observance of celibacy or *brahmacharya*.

Primary purpose of sex organ and preservation of seminal energy

(1) In connection with observance of celibacy or *brahmacharya*, Swami Chidananda Saraswati explains that the sex organ is a sanitary device and a drainage system of the human body. It is primarily meant for elimination of liquid waste material, i.e. urine from the body. It is like the other drainage system, i.e. the anus which eliminates excrement or faeces, the major solid part of the waste material of the human body. The other, specialised occasional purpose and use of the sex organ is for giving birth of children in order to keep up progeny so that the creation of the Almighty Supreme Lord keeps on continuing. This, he says, is the right perspective of the body and its various parts. If one understands this well, he will not be obsessed with the sexual part of this particular organ. Therefore, once the special purpose of keeping up progeny is achieved, the sexual activity ought to be stopped, because, he says that the sex organ is not meant to be misused for deriving sexual enjoyment or sensual pleasures; and also because of the fact that wastage of seminal energy proves fatal in one's life. This fact gives rise to the paramount necessity and importance of preservation of seminal energy and observance of celibacy or *brahmacharya* in one's life. This fact is most worthwhile and is to be noted and remembered always.

(2) As our ancient Spiritual Scriptures and our Saints,

Sages, *Rishis*, *Munis* and Yogis further say, semen when preserved by observance of celibacy or *brahmacharya* gets transmuted into *Oja Sakti* or Spiritual Energy through the practice of Yoga. This *Sakti* or Energy contributes considerably in carrying out spiritual practices for achieving success in one's spiritual life.

(3) Another important point regarding preservation of the seminal energy is like this. No human being will ever want to waste his precious blood, because he can not hope to survive when profuse blood, the essence of food that he consumes, goes out of his body. Similarly, no human being can hope to live a healthy, long, prosperous, happy and peaceful life when his most precious semen, which is the ultimate essence of food that he consumes and is produced out of 40 drops of blood, goes out of the body through uncontrolled, frequent, indiscriminate and irrational sexual activity which is aimed at deriving momentary sexual pleasure only. In view of this, should any human being ever desire to waste even a single drop of his semen? Certainly not, one should not, one must not. Therefore, human beings ought not to waste semen, the essence of the essences of the human body and the life-force, for gaining mere and momentary sexual pleasure. Rather, it is wise for them to preserve seminal energy and utilise the same for the higher, spiritual purpose of the rarest of the rare and most precious human life, in their own interest and for their highest welfare and supreme good .

Wrong perception about giving expression to sex desire

In this connection, it is most important to note that at times, students and the youth are advised that sex desire is a natural urge and in case there is desire for sex, it should be given expression instead of being suppressed, because they say that suppression of sex desire will lead to mental abnormalities. Our Saints and Sages say that this perception is not right. Swami Chidananda Saraswati, one of the great, world-renowned and

illuminated modern saints, says:-

"There is a Western idea that sex is a natural urge and so free expression should be given to it. And if free expression is not given to it, the sex urge will become suppressed, will become repressed. And if it is thus suppressed and repressed, it will create all sorts of abnormalities within you and you will develop neurosis and various types of complex and you will become an abnormal person. There is partial truth in it. There is truth in it to the extent that if this suppression and repression is forced upon you by circumstances beyond your control, by social environment, by other taboos and deep-seated inhibitions within you, due to your father's advice or mother's dominance or family and all, then it can give rise to some undesirable inner abnormality. But this situation never applies if realizing the greatness of a higher goal and realizing the necessity of this important Sadhana of self-control in order to attain that goal, you make up your mind fully, willingly and voluntarily. Then there is no question of suppression. If with a full willing heart you enter into this course of self-discipline and self-restraint, then there is no question of suppression. No one is asking you to do it. You want to do it. You are yourself desirous of it. So, done with full willingness, done with great enthusiasm, it becomes a voluntary thing. Then, psychological situations will not arise. On the contrary, every time you succeed in controlling the sense-urge, you get a sense of elation, you get a sense of achievement, you get a sense of inner satisfaction that you have succeeded. So, it is something that goes on giving you endless satisfaction and a sense of triumph, a sense of overcoming. Therefore, it is entirely a positive process, a very creative and positive process, not a negative and suppressive process. So, regarding Brahmacharya, if you take the right approach and attitude towards it, then it is simple. It is a question of conserving energy, of preserving energy, so that it may be utilized for higher things which you wish to attain."

Therefore, whenever there is desire for sex or lust in the mind, one should not suppress the same but should voluntarily and willingly eliminate it from his mind through right understanding and other methods.

Practical ways or manners or methods of observance of celibacy or *brahmacharya*

After acquire knowledge about the great necessity, invaluable importance and immense benefits of observance of celibacy or *brahmacharya*, our students and youth must be curious, eager and interested to know how to observe the same. Observance of celibacy or *brahmacharya* is also most vital in the life of human beings as it is the basis of success in their both secular life and spiritual life. In view of the same, let us discuss in brief about some of the very important practical ways or manners or methods of observance of celibacy or *brahmacharya* as advised by Swami Sivananda Saraswari and Swami Chidananda Saraswari.

Manners or methods of observance of celibacy or *brahmacharya*:-

As discussed earlier, Swami Chidananda Saraswati says that the sex organ is a sanitary device and a drainage system of the human body and is primarily meant for elimination of liquid waste material, i.e. urine from the body, like the anus which eliminates excrement or faeces. The other, specialised occasional purpose and use of the sex organ is for giving birth of children in order to keep up progeny so that the creation of the Almighty Supreme Lord keeps on continuing. Therefore, once the special purpose of keeping up progeny is achieved, the sexual activity ought to be stopped, because, he says that the sex organ is not meant to be misused for deriving sexual enjoyment or sensual pleasures; and also because of the fact that wastage of seminal energy proves fatal in one's life. He says that this is the right perspective of the body and its various parts.

The above fact gives rise to the paramount necessity and importance of preservation of seminal energy and observance of celibacy or *brahmacharya* in one's life. This understanding is the right understanding about observance of celibacy or *brahmacharya*. This right understanding alone, if kept in mind always, will dissuade one from performing sexual activities and wasting his sexual energy; and help him greatly in observance of celibacy or *brahmacharya*. Therefore, one must keep this right understanding in his mind always.

However, passion for sexual enjoyment or lust, which leads to performance of sexual activities, results in wastage of semen and therefore, it is stated as the greatest enemy of human beings. It is considered as the most powerful enemy. And therefore, despite keeping of right understanding as stated above, it tempts many times human beings to perform sexual activities and derive sexual enjoyment. It, therefore, needs to be controlled/ conquered; and celibacy or *brahmacharya* is to be observed in one's own personal interest and for one's highest welfare and supreme good. Therefore, Swami Sivananda Saraswati, one of the great, world-renowned and illumined modern saints, advises that several methods or measures should be adopted in a combined manner in order to fight with this most powerful enemy and to control the same. Some most important of them are as under:-

(i) **Eradication of sexual *vasana***:- Let us first understand the root cause of action. Action is preceded by a *vasana* in the mind. *Vasana* is the subtle form of desire. Desire is gross. *Vasana* is a wave in the mind-lake. It is hidden in the mind. *Vasana* brings attraction. A person with weak will power can not resist *vasana*. Then *vasana* leads to action.

Similarly, sexual *vasana* or sexual desire leads to sexual action. Therefore, sexual *vasana* or sexual desire needs to be eliminated so that there is no sexual action. Sexual *vasana* or sexual desire can be eliminated and eradicated by strong will

power and by replacing it instantly by pure thought by application of one's power of discrimination or *viveka*. Such instant replacement of thought brings in quick result and then the sexual *vasana* or sexual desire vanishes immediately from the mind. Then, one is saved from performing sexual action and from its deadly evil consequences. Therefore, as soon as the sexual *vasana* or sexual desire arises in the mind, it must be driven away then and there by instantly entertaining pure thoughts or *suddha chintana*. This is the simple, sure, potent, quick, easy, safe and effective measure to control sexual *vasana* or sexual desire. Swami Sivananda Saraswati says that this attack against *vasana* is from inside and it comes through the practice of "*Sama*", which means control of mind.

(ii) Control of organs or *indriyas*:- One needs to restrain his organs or *indriyas* and must not allow the sense-vibrations to enter into his mind from outside, mostly through the organ of sight or through his eyes. In other words, one must not look at the opposite sex with lustful eyes. Because, lustful look creates sexual desire in the mind and then, such desire leads to sexual action. Instead, one ought to look at the opposite sex with the chaste-full feeling or pure feeling or *suddha bhava* of mother or sister or daughter, in case of male persons; and with the pure feeling or *suddha bhava* of father or brother or son, in case of female persons. This will instantly drive away the sex thought and create pure thought in the mind and then one will be saved from sexual action and from its fatal evil consequences. In this regard, Swami Sivananda Saraswati exhorts that the best and safe way is to entertain the divine feeling or *divya bhava*, i.e. a male person should look at the female one as the Divine Mother or Goddess *Durga*. Similarly, a female person should look at the male one as the Divine Father or Lord *Narayana*. This is another simple, sure, potent, quick, easy, safe and effective measure to control sexual thought or sexual desire. Swami Sivananda Saraswati says that this attack against *vasana* is from outside

and it comes through the practice of "*Dama*", which means control of organs or *indriyas*.

(iii) Avoidance of evil company, undesirable literature and obscene visuals:- Keeping company of evil persons; reading of books, magazines, periodicals, newspapers, etc. containing undesirable, ugly, obscene, vulgar, sensual, filthy writings; watching similar types of pictures, visuals in movies, television, smart mobile phones, etc. generate attraction towards the opposite sex and create desire for sexual activities. Therefore, one ought to avoid all such things so that it will be possible and easy for him to observe celibacy or *brahmacharya* and derive its immense benefits.

(iv) Taking of pure food:- Swami Sivananda Saraswati says that purity of food brings in purity of mind. Food has that power which connects the body and the mind. Various kinds of food have varying effects on the mind. As for example, garlic, onion stimulate passion; and milk, fruits produce pure, soothing effects in the mind. Food plays a prominent part in keeping of celibacy or *brahmacharya*. Because the articles of food have remarkable influence in the mind; and each food produces its own effect in each compartment of the brain and on the general system. Therefore, as Swami Sivananda Saraswati says, one should take pure or *sattvic* food like *Cheru*, *Havis Annam*, milk, wheat, barley, bread, ghee, butter, dried ginger, green gram, potatoes, dates, plantains, curd, almonds, fruits, etc.; and avoid impure or forbidden and *tamasic* food like highly seasoned dishes, hot curries, chutnies, chillies, meat, fish, eggs, tobacco, liquor, sour articles, oil of all kinds, garlic, onions, bitter things, sour curd, stale food, acids, astringents, pungent stuffs, roasted things, over-ripe and unripe fruits, heavy vegetables and salt, etc. Besides the quality of food, as Swami Sivananda Saraswati further says, one should also observe *mitahara* or moderation in eating of food. One should not overload the stomach at night, because it is the direct cause for nocturnal emissions.

(v) Observance of fasting:- Swami Sivananda Saraswati says that fasting controls passion. It also destroys sexual excitement. It purifies the mind. Just as impure gold is rendered pure by melting it in the crucible again and again, so also, the impure mind is rendered purer and purer by fasting again and again. He, therefore, advises to take recourse to occasional fasting. He further advises to observe fasting whenever passion troubles one.

(vi) Practice of Hatha Yogic Methods:- Swami Sivananda Saraswati says that regular practice of select *yogasanas* and *pranayama* will help considerably in one's effort to check the sexual impulse or sexual desire. He, therefore, advises for regular practice of select *yogasanas* like *siddhasana*, *sirshasana*, *sarvangasana*, *matyasana*, *padangusthasana*; *bandhas* like *mula bandha*, *jalandhara bandha*, *uddiyana bandha*; *kriyas* like *navli kriya*; *mudra* like *maha mudra*, *yoga mudra*; and *pranayama* like easy and comfortable *pranayama*, *bhastrika pranayama* in order to help keeping up *brahmacharya*.

(vii) Taking of Cold Hip-bath:- Swami Sivananda Saraswati advises for taking of cold hip bath, a naturopathy method, as it is very invigorating and energising. He says that a cold hip bath tones and soothes the nerves of the genitourinary system and stops nocturnal discharges in an efficacious manner. This is a general nerve tonic as well, as all the nerves are braced up. The hip bath can be conveniently managed at home in a big zinc tub. Or one can stand up to his navel in a river, lake or tank for half an hour in order to get the benefits of cold hip bath. He further says that cold douches, spinal douches and cold shower bath are also of immense use in the practice of *Brahmacharya*.

(viii) Company of Holy Persons and Study of Holy Scriptures:- Company of Holy Persons or Saints, known as *satsanga*, creates pure, sublime and divine thoughts in the mind.

When the mind will be filled with such types of thoughts, there will not be any space therein for sexual thoughts. In the absence of sexual thoughts in the mind, there can not be sexual actions, and thus, it will be possible and also easy for one to observe celibacy or *brahmacharya*.

Study of Holy Scriptures, known as *svadhyaya*, also creates pure, sublime and divine thoughts in the mind. Therefore, such study, like company of Holy Persons or Saints, will make it possible and easy in the similar manner for one to observe celibacy or *brahmacharya*.

(ix) Using of the power of discrimination and doing *vichara*:- Swami Sivananda Saraswati exhorts that one should use his power of discrimination and frequently do *vichara* or deep thinking of the harms, damages, dangers and disastrous effects of frequent performance of sexual activities and the resultant wastage of the vital seminal energy upon one's body, mind and soul; and the immense benefits of observance of celibacy or *brahmacharya*. This will dissuade him from performing frequent sexual activities and persuade him to observe celibacy or *brahmacharya*.

(x) Taking recourse to spiritual pursuit:- Swami Sivananda Saraswati says that *brahmacharya* means control but not suppression of the sex-desire or sex-force. He further says that the sex-*vasana* or sex-desire may be suppressed for the time being. But it will again manifest with redoubled force when a suitable opportunity arises. Therefore, he exhorts that the mind where the sex-*vasana* or sex-desire lies should be controlled first. The sex-*vasana* or sex-desire should be completely eradicated from the mind. Then, there will be no resultant sexual activities. He says that it can be achieved by rendering the mind pure by entertaining pure and divine thoughts by taking recourse to spiritual pursuit like *Japa*, *Kirtan*, prayer, meditation, study of holy scriptures, contemplation on the self or *atma-chintana*, etc. In this manner, the sex-*vasana* or sex-desire will die down, there will be no evil thought in the mind

when one looks at the opposite sex. Then he will not cast a lustful look when he looks at the opposite sex. Rather, he will have a chaste look. Then he can be said to be established in *brahmacharya*.

Benefits of observance of celibacy or *brahmacharya*

Observance of celibacy or *brahmacharya* bestows upon human beings a large number of benefits both in the secular life and in the spiritual life, that too, immensely. Some important benefits are stated as under:-

(i) It contributes towards nourishment, development and maintenance of diseases-free, strong, sound, healthy and energetic physical body,

(ii) It contributes towards empowering of human mind through positive and pure thinking, development of strong will power, deep and retentive memory power, high concentration power, etc. and thereby, building of a powerful and vibrant mind,

(iii) It helps in building of strong will power and gives mental strength and stamina in the matter of cultivation of good qualities like obedience, humility, respectfulness, friendliness, discipline, truthfulness, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, courage, forgiveness, tolerance, patience, optimism, etc. and eradication of evil or bad qualities like lust, anger, greed, selfishness, hatred, jealousy, arrogance, fear, pessimism, etc.; and thereby, to build noble character, which is the most precious wealth and the greatest power of human beings,

(iv) It also helps in building of strong will power and gives mental strength to stick to performance of ethical conduct in all circumstances and all situations in life, which bestows good results, victory, success, happiness and peace in life,

(v) It contributes abundantly in developing an impressive, magnetic, charming and brilliant personality,

(vi) It gives great mental strength to stick to "*Dharma*" or righteousness in all circumstances and in all situations of life, which

bestows victory, success, true prosperity, happiness and peace in life,

(vii) It helps a great deal in acquiring of "*Artha*" or great economic and material prosperity,

(viii) It gives great mental strength and support to control "*Kama*" or passion or lust and other evil and undesirable desires; and enables to enjoy the happiness derived from fulfillment of legitimate human desires,

(ix) It contributes significantly in performance of spiritual practices or *aadhyatmik sadhana* effectively, which results in achievement of "*Moksha*" or liberation of one's soul from the wheels of births and deaths, the greatest bondage in human life, and thereby, which bestows lasting happiness and eternal peace in human life,

In the above manner, it contributes greatly in living of both secular life and spiritual life successfully, completely, prosperously, happily and peacefully.

Source of detailed knowledge: - For acquiring detailed/further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 5, volume no. 8.

Then the next introductory write-ups relate to building of precious human life by constructing the superstructure of human life completely, properly, strongly and nicely. Construction of this superstructure is based on the teachings of our ancient Spiritual Scriptures and our great India Culture or *Bharatiya Sanskruti*.

Author's Last Prayer to Modern Students

Dear Friends ! You have since completed study of all write-ups of this book titled "Noble Character, Ethical Conduct and Celibacy". You have acquired some knowledge on the meaning, necessity, importance, manners/ways and benefits of the said three most important topics, i.e. noble character, ethical conduct, celibacy.

Now, I firmly believe that after acquiring such knowledge, you have definitely become very much inquisitive and greatly interested to acquire detailed/further/special knowledge on these three topics. You have also become greatly inspired and immensely encouraged to commence study of "Spiritual Literature", including the books of great, spiritually illumined, God-realised modern Saints, Sages and Prophets, and also the book of compilation "Youth! Arise, Awake and Adopt the Right Path of Life", (16 volumes), written by two such great Saints Swami Sivananda Saraswati and Swami Chidananda Saraswati, in order to acquire detailed/further/special knowledge on all these three topics.

Dear Friends ! Now, please commence study of "Spiritual Literature", including the said books, and acquire detailed/further/special knowledge on the above topics. Please study the same for 20 to 30 minutes every day. Please study the same in the early morning hours, because in the early morning hours, the mind remains calm, quite and fresh and is found to be in a receptive state, concentration of the mind comes easily and whatever is studied is deeply absorbed and easily remembered. And thereafter, you can study the books on your class lessons. However, if you can not devote time every day because of the heavy burden of your school/college/university class lessons, please study the same for 01 to 02 hours on all Sundays and holidays.

Further, please study spiritual literature and the aforesaid

Be good. Do good. — Swami Sivananda

books earnestly, thoroughly, carefully, devoutly, sincerely and meticulously, with interest and patience. Please study the writings on each topic repeatedly. And after study of each topic, please do *manana* or calm and deep reflection in your mind for some time on the knowledge acquired by such study. Such reflection will help you in proper grasping and full absorption of the knowledge in your mind. Please also do *nididhyasana* or composed and deep meditation for some longer time on the knowledge so acquired so that you will be able to absorb and assimilate the same in your mind fully and deeply and retain in your memory instantly and for long period. In this manner, please acquire detailed/further/special knowledge on all the above.

Dear Friends ! Thereafter, please practise the knowledge so acquired by you in your day-to-day life. Please note that knowledge gained is meant to be practised. If you do not practise the knowledge, it will remain with you as theoretical knowledge only and you can not derive real benefits in your life. Knowledge is primary, but practice is must. Please remember that the whole world can teach and guide you but nobody can practise for you. It is only you who need to practise. There is no substitute to it. Please, therefore, note to practise the knowledge to be gained by you in your daily life. Please remember this point well and practise the knowledge devoutly, determinedly, sincerely, meticulously, committedly, patiently, regularly and persistently so that you can derive real benefits for yourselves. Please practise, practise and practise. Please never neglect this. This is extremely important for you. This is in your own interest, and for your highest welfare and supreme good. Thereby, you can derive immense benefits in your life.

Dear Friends ! In this connection, please note another most important point. That is, "Please "DIN", which means "Do It Now" as Swami Sivananda Saraswati says. That means, please commence study of the books and also practice of the teachings

contained therein immediately. Because, if you will think that you will study the books tomorrow or practise the teachings from "tomorrow", that "tomorrow" will never come, and in that case, you will be the greatest loser. But if you study the books "today" and practise the teachings "today", you will be the greatest beneficiary. Life is short. Time is fleeting. Therefore, please "DIN", "Do It Now", study the books "now" and practise the teachings "now", and thereby, you will derive immense benefits for yourselves. This is in your own interest, and for your highest welfare and supreme good.

In this connection, I take this great opportunity to most humbly offer my earnest, fervent and heart-felt prayer to the Almighty Supreme Lord and all *Rishis*, *Munis*, Saints, Sages, Prophets, Teachers and Professors to bestow Their Choicest Blessings upon you all for achieving crowning success in your above endeavours.

Appendix

A Humble Prayer to our revered Heads of Schools, Colleges and Universities to organise 01 Day Students' Awareness Programme on "Noble Character, Ethical Conduct and Celibacy" for benefits of their students

Students need to be imparted teachings on, apart from secular subjects, the subject of "Life Building Science" through character-building, life-building and man-making education. In the absence of such education in our modern schools, colleges and universities, which was there in the *Gurukulas* and *Rishikulas* in ancient India, our modern students are deprived of the same. Consequently, they are proceeding in darkness and are unable to proceed in the right path of human life. They are unable to decide the right goals of their life. They are unable to lay the foundation of their precious human life properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. And upon such an improper and weak foundation of life, they are unable to build the superstructure of their precious human life completely, properly, strongly and nicely with four grand goals of ideal human life, as stated in our ancient Spiritual Scriptures, and according to our country's great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sankruti*. Those four grand goals are achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths, called Self-realisation or God-realisation or *Moksha*. Consequently, they are unable to live their precious human life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. Thus,

they are suffering from irreparable damages and incurring permanent losses in their life. Therefore, they need the aforesaid education most intensely and urgently.

It is most important to note that the quality of foundation of human life determines the quality of the long future life, and therefore, students need to give highest importance to laying the foundation of their precious human life rightly, i.e. properly and strongly, during their golden student life and youth period itself.

It is also most important to note that, out of the above four foundation pillars of human life, noble character and ethical conduct are the two most important pillars. And celibacy is most vital not only for laying the foundation of precious human life properly and strongly, but also for constructing its superstructure completely, properly, strongly and nicely; and thereafter, for living of long precious human life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

Therefore, our modern students need to give greatest emphasis on building of noble character, performance of ethical conduct and strict observance of complete celibacy during their golden student life and youth period.

In such a greatly-needy and burning situation, I most humbly pray to our revered Heads of Schools, Colleges and Universities to kindly organise every year one 01 Day Students' Awareness Programme on "Noble Character, Ethical Conduct and Celibacy", by utilising the write-ups included in this book, with a view to provide introductory knowledge on the said three important topics, for immense benefits of their students. The teachers of the respective schools, colleges and universities can deliver the addresses and conduct this programme themselves. Guest speaker(s) may also be invited to deliver talks during the programme. This programme may be conducted on any working day or on any Sunday or holiday.

Such small efforts of our revered Heads of all Schools, Colleges and Universities of our country will definitely go a long way to dispel darkness and bring light in the lives of hundreds and thousands of their students and also contribute greatly in rebuilding of our nation. Thereby, I firmly trust and greatly hope that our dear modern students will derive immense benefits in their lives.

Swami Sivananda says :- Brahmacharya and Education Duty of Teachers and Parents

A great and onerous duty rests with the teachers and professors of schools and colleges to train the students in the path of Sadachara or right conduct and to mould their character properly. Brahmacharya includes character-building or right moulding of character. They say that knowledge is power. But I assert boldly, with great assurance and practical experience, that character is power and that character is far superior to knowledge even.

Every one of you should endeavour your level best to mould your character properly. Your whole life and your success in life depend entirely upon the formation of your character. All the great persons in this world have achieved their greatness through character and character alone. The brilliant luminaries of the world have won their laurels of fame, reputation and honour through character and character alone.

The teachers themselves should be strictly moral and pure. They should be endowed with ethical perfection. Otherwise, it will be like the blind leading the blind. Before taking to the profession of a teacher, every teacher should feel the high responsibility of his position in the educational line. Mere intellectual achievement in the art of delivering dry lectures will not suffice. This alone will not adorn a professor.

When students reach the age of maturity, certain growths and changes take place in the physical body. The voice changes. New emotions and sentiments arise. Naturally, the youngsters become curious. They consult the street boys. They get ill advised. They ruin their health by vile habits. A clear knowledge of sexual health, hygiene and Brahmacharya, of how to attain longevity and how to control passion, should be imparted to them.

Parents should teach their children the various stories from the Mahabharata and the Ramayana that relate to Brahmacharya and right conduct. Parents should advise their children, often and often, on the subject of Brahmacharya. This is their imperative duty. Candid talks to the boys and girls are very necessary when they begin to show signs of puberty. It is no use beating about the bush. Matters that relate to sex should not be kept hidden. It will be only false modesty if the parents feel shy to talk to their children on this important subject. Silence will only excite the curiosity of the adolescent children. Whereas, if they can understand these things clearly in time, surely they will not be misguided by evil companions and they will not develop bad habits.

Teachers and parents should give proper instructions to the boys and girls as to how they should lead a clean life of Brahmacharya. They should get rid of their false sense of modesty and shame. They are a good deal responsible for the ignorance of the boys and girls. There has been more suffering caused by ignorance of these matters than by anything else. You are paying the price of ignorance, of the false modesty that matters of sex and sexual physiology should not be discussed. The teachers and parents should diligently watch the conduct of the youngsters and clearly impress on their mind the vital importance of a clean life of Brahmacharya and the dangers of an unclean life. Pamphlets on Brahmacharya should be freely distributed to them.

Magic lantern demonstrations on the subject of Brahmacharya, on the lives of

Brahmacharins of yore, on the stories of the Mahabharata and the Ramayana, should be regularly conducted in the schools and colleges. This will be a great help in elevating and inspiring the students to a high moral standard.

O teachers and professors! Wake up now! Train the

students in the path of Brahmacharya and righteousness and morality. Make them true Brahmacharins. Do not neglect this divine work. You are morally responsible for this onerous task. This is your Yoga. You can have Self-realization if you take up this work in right earnest. Be true and sincere. Open your eyes now. Explain to the boys and the girls the importance of Brahmacharya and instruct them in the various methods by which they can preserve the Veerya, the soul-force or Atma-Sakti that is hidden in them. Teachers who have disciplined themselves first should hold private talks with students and give them regular practical lessons on Brahmacharya. Rev. H. Pakenham Walsh, who was principal of the S.R.G. College, Tiruchirappali, a few decades ago, and who later became a bishop, used to hold regular talks with his students on the subject of Brahmacharya and self-control.

The future destiny of the world rests entirely with the teachers and students. If the teachers train their students in the right direction, in the path of righteousness, the world will be filled with ideal citizens, Yogis and Jivanmuktas, who will radiate light, peace, bliss and joy everywhere.

Blessed is he who truly endeavours in making his students true Brahmacharins. Twice blessed is he who tries to become a real Brahmachari. May the blessings of Lord Krishna be upon them. Glory to the teachers, professors and students.

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession — Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind — Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

- Access internet through any browser,
- Log in <archive.org>
- Click - <Advance Search>. A box of fields will appear on the screen,
- Type <Mohan Lal Agrawal> in the field "Creator",
- Click <Search>. The above books will be displayed.

B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).